AUSTRALIAN

diabetic LIVING

YOUR WINTER DIET PLAN

CHICKEN POT PIE p51

58 recipes to help you lose weight and feel great!

JULIET'S STORY

"It was a steep learning curve"

STEP TO IT

WALK YOUR WAY THROUGH WINTER

PLUS!
HOW TO CURB YOUR CRAVINGS

HEART DISEASE
What you can do to reduce your risks

GUT INSTINCT
How to nurture your microbiome and why

HIT AND MYTH
Sorting diabetes facts from fiction

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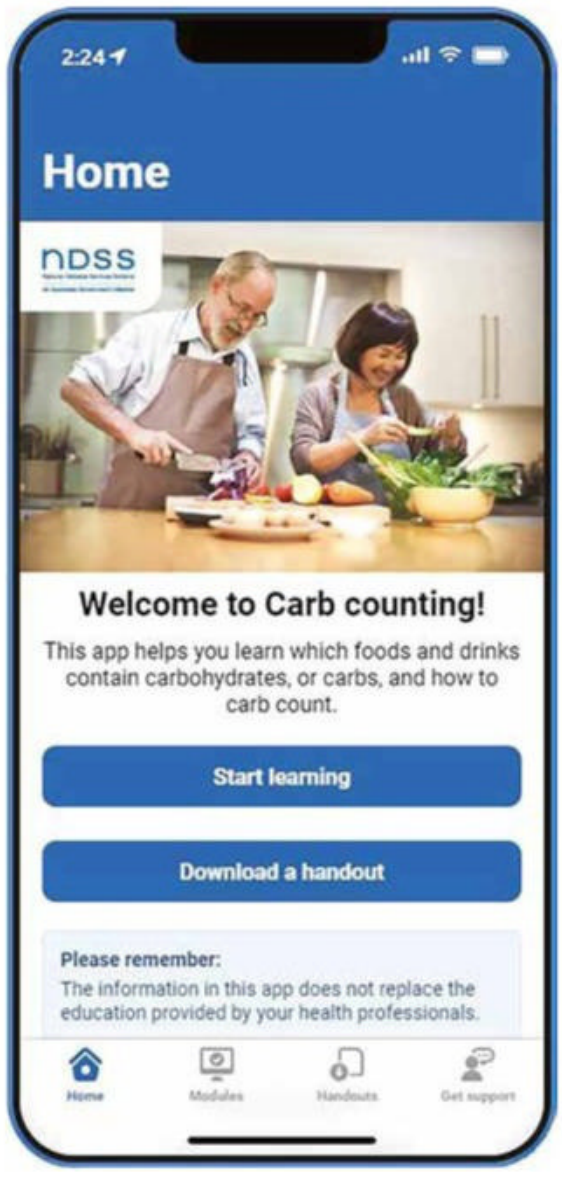
Now is the time to start

Carb Counting



Increase your understanding of carbohydrates (carbs).

Learn how to recognise which foods contain carbs and how to count them in the food you eat.

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SPECIAL OFFER
Turn to page 128 and subscribe to *Diabetic Living*, for your chance to 42% off the regular price!

JULY/AUGUST 2022

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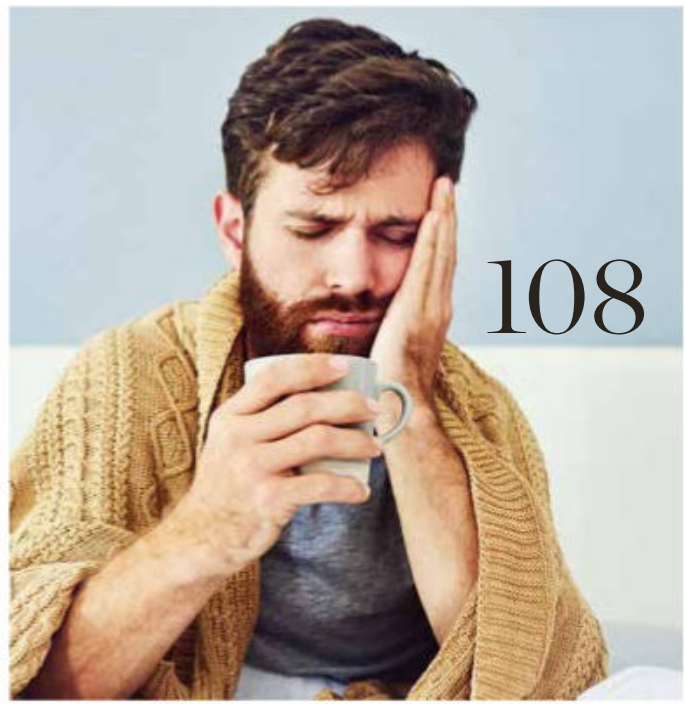

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NEXT ISSUE ON SALE AUG 11

We hit a tonne!

It's easy to let life become a bit of blur sometimes. Especially over the past couple of years when uncertainty has loomed and our focus has narrowed to just getting through each day. So, I was happily surprised when our new art director Dania (welcome aboard!) pointed out that this is our 100th issue. Wow! That's well over 4000 deliciously healthy recipes, reams of expert advice, hundreds of inspiring real-life stories, countless features from diabetes experts and more. Not to mention you, our loyal and fabulous readers – thank you for joining us on this journey and I hope you'll continue to share your lives with us for many issues to come.

In this issue, we have plenty of delicious winter recipes to keep you warm and healthy throughout the season. Turn to page 58 for some slow-cooked meals the whole family will love. Our extract from Sophie Hansen's new book features comforting country favourites and I can't wait to give them a try (page 72). For weekdays when you need a quicker dinner winner, check out the options in our regular 5 days, 5 dinners feature starting on page 14. If you feel like your healthy diet needs a bit of tightening up, you're going to love our 7-day Winter Diet Plan – it's everything you need for a week of great meals and snacks that will have you ticking along and getting winter off to a great start. Turn to page 22 to find out more.

Having a sick day plan is important, especially during cold and flu season – the experts at Diabetes Australia gave us all their best tips and you can find a comprehensive sick day plan of attack on page 108. We've also got features on curbing your cravings, the importance of a healthy gut and how to keep active over the colder months.

We hope you enjoy the issue!

Alix

Alix Davis,
Editor

PHOTOGRAPHY IMMEDIATE MEDIA

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

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JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

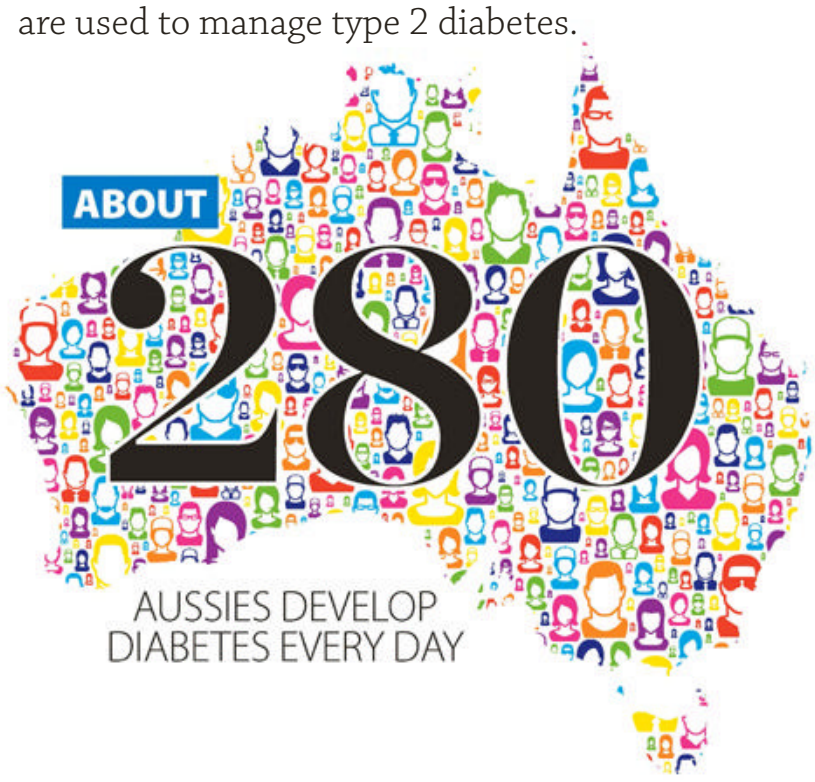
- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

TYPE 1 & TYPE 2...
What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

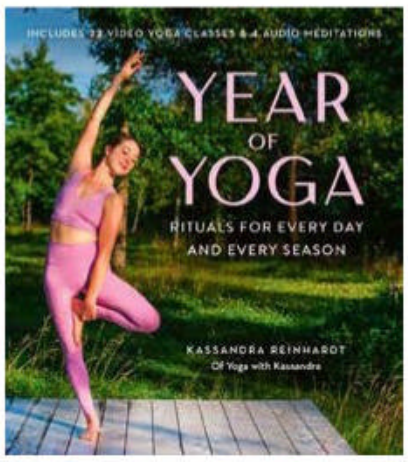
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

YOUR healthy life

The latest news on diabetes, fitness, blood donations and books

Baby on board? Keep moving

While babies born to mums who are overweight or are living with type 2 diabetes have an increased risk of developing diabetes themselves later in life, there may be a way to protect bub in the womb. According to a recent study, exercising during pregnancy can help to reduce baby's chances of developing type 2, due to the way physical activity encourages the placenta to release a key protein. Called SOD3, this protein improves baby's metabolic health and can even mitigate the impact of mum not eating well or being overweight. Official physical activity guidelines recommend that during pregnancy, it's wise to be active most, but preferably every day, clocking up at least two-and-a-half hours of moderate-intensity physical activity a week and doing muscle strengthening activities two days a week. Always talk to your doctor to decide which type of activity best suits you and your pregnancy.



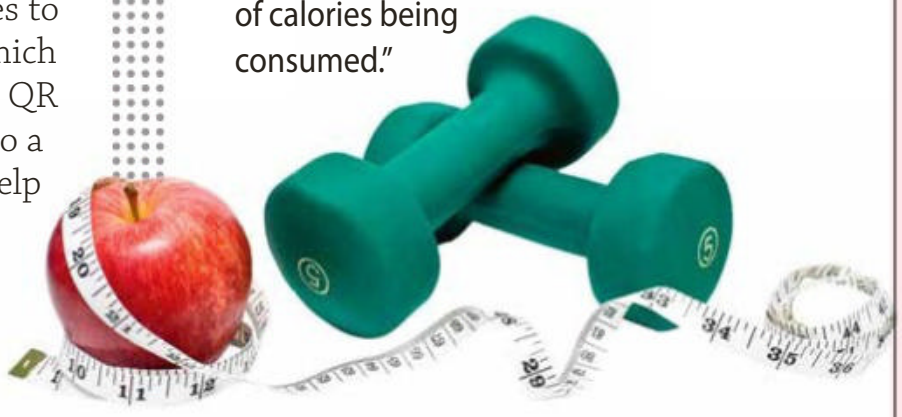
Year of Yoga

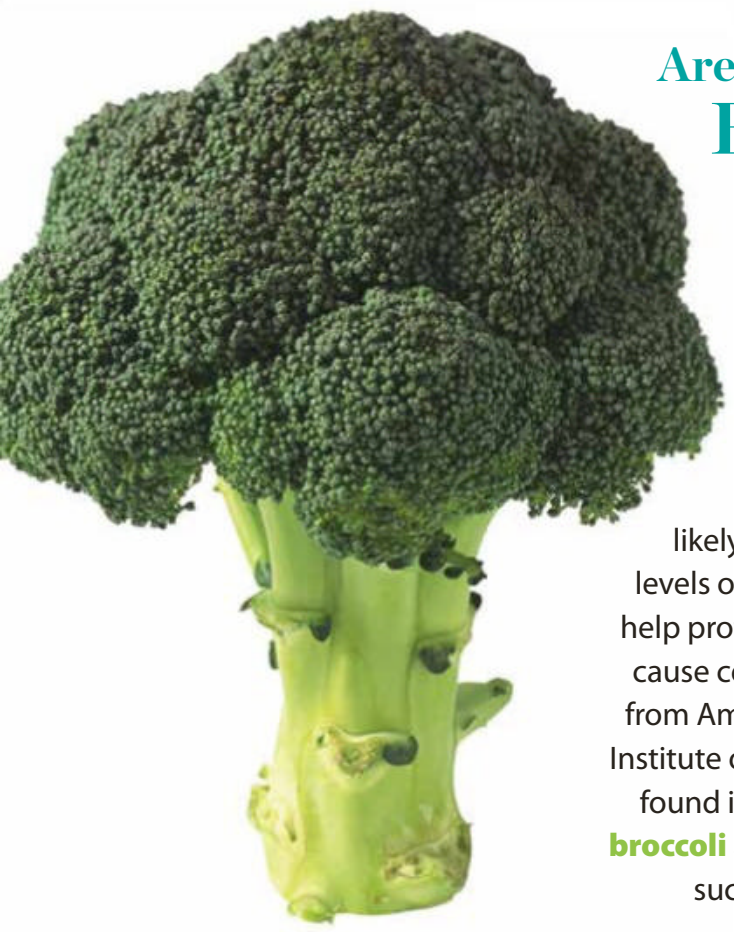
By Kassandra Reinhardt
Mandala Publishing, $39.99

Whether you'd like to relieve stress, sleep better or make mornings easier, this book can show you how to use yoga to achieve it. Tailoring yoga practices not only to your needs, but to the different seasons as well, there are 22 sequences to choose from, all of which are accompanied by a QR code that links you to a video recording to help guide you.

LIFT SOME WEIGHT TO LOSE IT

The role exercise can play in shedding kilos isn't news, but a new study performed by researchers at Australia's Edith Cowan University shows that, combined with dietary changes, resistance training can be just as effective as aerobic exercise for delivering results. "Usually when we talk about obesity, body composition or weight loss, we only hear about aerobic exercise," says the study's lead researcher Pedro Lopez. "This paper shows we can use resistance training and achieve meaningful effects with a diet based on caloric reduction." Plus, as well as being lower impact and gentler on the joints than many aerobic activities, the research revealed that lifting weights delivers some unique benefits. "The study also showed resistance training was effective in avoiding losing muscle mass, when lowering the number of calories being consumed."





Are antioxidants an antidote to BRAIN DRAIN?

While people living with diabetes are around twice as likely to develop dementia, a new study performed in the US suggests bumping up your intake of antioxidants may provide some protection. Specifically, the research found that people with the highest levels of the antioxidants lutein, zeaxanthin and beta-cryptoxanthin in their blood were less likely to develop dementia than people with lower levels of those three antioxidants. "Antioxidants may help protect the brain from oxidative stress, which can cause cell damage," says study author, May Beydoun, from America's National Institutes of Health's National Institute on Aging. While lutein and zeaxanthin are both found in green, leafy vegetables like **kale**, **spinach**, **broccoli** and **peas**, beta-cryptoxanthin is found in fruits such as **oranges**, **tangerines** and **papaya**.

Q: Is there anything specific I need to do to take good care of my feet during winter?

Danielle says: There are a number of things you should be mindful of to help avoid developing problems.

Check the fit of your winter shoes. It may be more than six months since you wore them, so make sure they're in good condition inside and out. This will help avoid rubbing on your feet, as well as preventing falls. And because we tend to wear enclosed shoes and thicker socks in winter, make sure you're not squeezing your feet into shoes that are too tight.

As well as keeping your feet warm and dry, don't expose them to extreme temperatures of both hot and cold, which can increase the risk of chilblains and painful toes and joints. If your feet get too cold, avoid using hot water bottles or wheat bags – instead, warm them with woollen socks and gentle massage. And if your shoes get wet, remove them quickly.

It's easy to forget about your feet when they're hibernating during winter. Remember to inspect your feet daily and give them some extra care, as they can quickly become dry and cracked in the cooler months as we perspire less. Apply moisturiser and if you notice cracks or changes in your skin condition or colour, see a health professional for advice.

Danielle Veldhoen, podiatrist

HAVE A DRY JULY

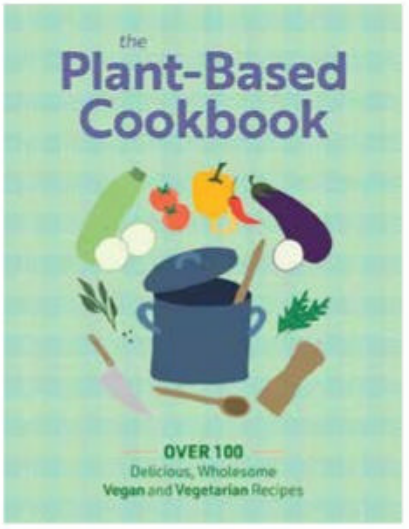
Keen to reduce your alcohol intake? Good choice, after a study published earlier this year confirms that alcohol directly causes a number of different types of cancer, including cancer in the liver, colon, breast, head, neck and oesophagus. In line with findings like that, Australia's alcohol consumption guidelines were recently updated to recommend that adults shouldn't drink more than 10 standard drinks a week and no more than four drinks on any one day. If you'd like to kickstart a change to your drinking habits, why not consider signing up for Dry July? A fundraiser that encourages people to go alcohol-free in July to raise funds for people affected by cancer, having a month off alcohol can also have great health benefits for you. To learn more or to get involved, visit dryjuly.com.

An hour a day keeps type 2 diabetes away

For people who have an increased risk of developing type 2 diabetes, spending just one hour less a day sitting down may be enough to help prevent the development of the disease in as little as three months. That's according to fresh research performed in Finland, which discovered that when people cut 60 minutes off their sedentary time, simply by increasing standing or by doing some light physical activity, they saw improvements in insulin sensitivity, blood sugar regulation and even liver health. "It is an encouraging thought that health benefits can be achieved by reducing the time spent sitting and increasing the amount of even light-intensity physical activity," says the University of Turku's Taru Garthwaite, who was involved in the research. "For many, this may be an easier starting point than increasing actual exercise."

7 hours

That's the amount of sleep to aim for each and every night from middle age onwards, for good mental health. That's according to UK research, which found a link between consistently getting less or more sleep than that each night and poorer mental health and wellbeing.



The Plant-Based Cookbook
By The Coastal Kitchen
Cider Mill Press, $39.99

Trying to include more plant-based recipes into your repertoire, but worried that vegan or vegetarian meals lack flavour or are too tricky to master? With the help of this cookbook, you'll soon change your mind. Featuring more than 100 recipes including breakfasts, snacks and dinners, they're not only easy and tasty, they're all rich in fibre, minerals, vitamins and antioxidants.

A HEARTFELT REASON TO MANAGE BLOOD SUGAR LEVELS

The quicker people can reduce their blood sugar levels after being diagnosed with type 2 diabetes, the lower their risk of having a heart attack. That's the message from a University of Surrey study, which not only suggests that controlling blood sugar levels within the first 12 months of diagnosis reduces the incidence of major cardiovascular events, but that the more blood levels vary in that first year, the more the risk of having a heart attack rises. It's an important finding, given cardiovascular disease is the main cause of death among people living with diabetes. As well as doing what you can to manage your blood sugar levels, taking any medications you've been prescribed as instructed, eating a healthy diet and exercising regularly can also help to reduce your risk of heart disease. Having a regular heart health check every six to 12 months is also vital.

WORDS: KAREN FITALL. PHOTOGRAPHY: GETTY IMAGES, ADOBE STOCK.

Q: My 12-year-old daughter has just been diagnosed with type 1 diabetes and she's struggling with feeling that this makes her 'different' from her friends. What can I do to help and support her?

Janine says: Adjusting to life with type 1 diabetes is stressful. While parents often worry about disease-related issues like treatment adherence, management of blood sugar, and long-term health problems, children (especially teenagers) are often more concerned about appearing different to their peers and feelings of isolation and loneliness.

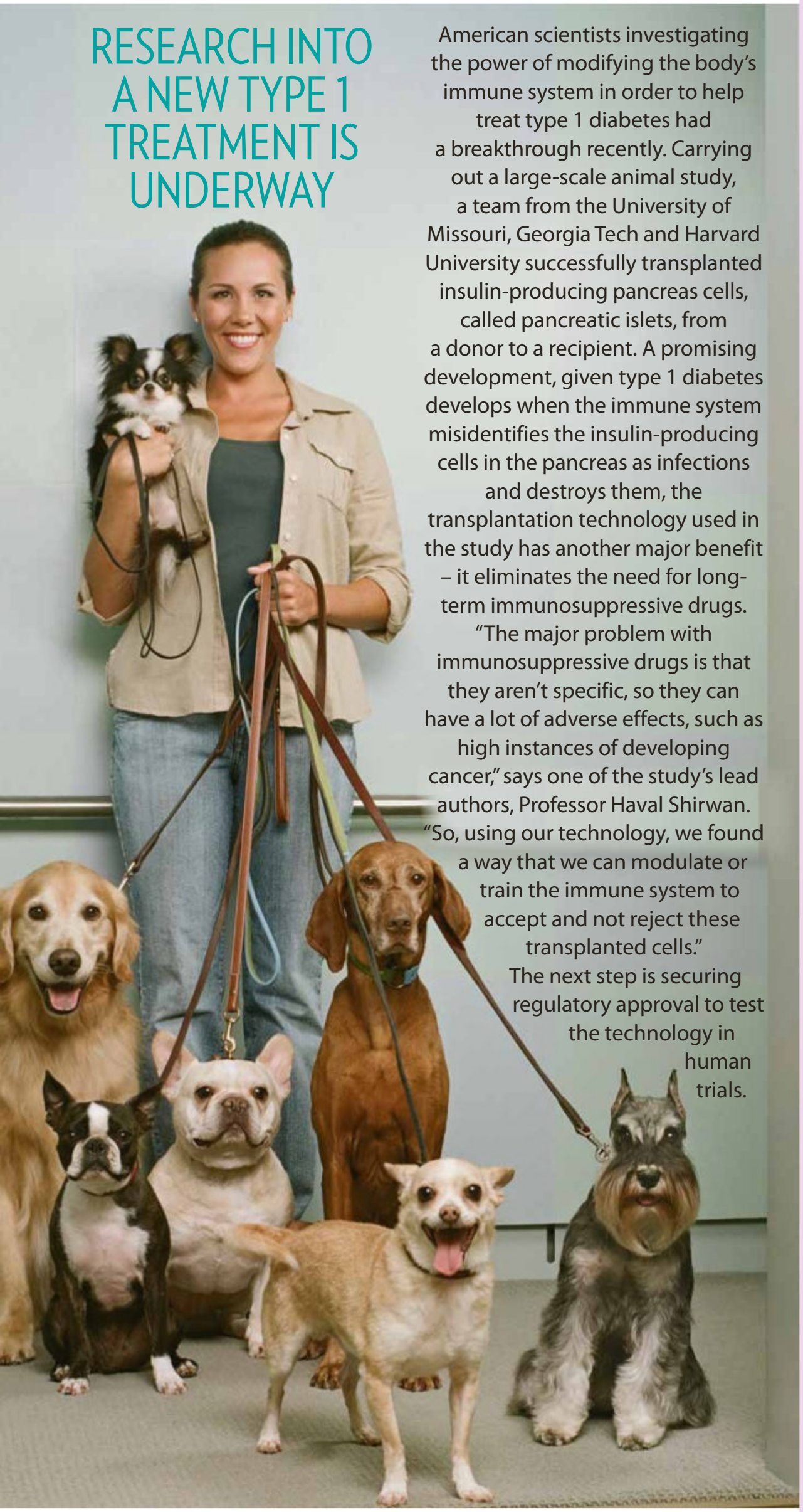
Encourage your child to talk openly about their worries and concerns. You can then help further by:

- Communicating in words and actions that you understand why and how they are feeling
- Continuing to engage your child in healthy daily routines, and allocating responsibilities and setting expectations that are age-appropriate
- Supporting your child's planning for and involvement in appropriate peer-related activities, including sport and social activities
- Assisting your child prepare for the reactions of others, perhaps by rehearsing brief responses to common questions
- Exploring opportunities for your child to connect with other children living with diabetes.

While it is tempting to 'fix' a child's distress by offering solutions and advice, this can inadvertently make it harder to achieve one of the key developmental tasks of adolescence – becoming independent. Instead, concentrate on providing a space for her to discuss her concerns, to feel her feelings, and to brainstorm possibilities with you.

Dr Janine Clarke, psychologist

RESEARCH INTO A NEW TYPE 1 TREATMENT IS UNDERWAY



American scientists investigating the power of modifying the body's immune system in order to help treat type 1 diabetes had a breakthrough recently. Carrying out a large-scale animal study, a team from the University of Missouri, Georgia Tech and Harvard University successfully transplanted insulin-producing pancreas cells, called pancreatic islets, from a donor to a recipient. A promising development, given type 1 diabetes develops when the immune system misidentifies the insulin-producing cells in the pancreas as infections and destroys them, the transplantation technology used in the study has another major benefit – it eliminates the need for long-term immunosuppressive drugs.

"The major problem with immunosuppressive drugs is that they aren't specific, so they can have a lot of adverse effects, such as high instances of developing cancer," says one of the study's lead authors, Professor Haval Shirwan. "So, using our technology, we found a way that we can modulate or train the immune system to accept and not reject these transplanted cells."

The next step is securing regulatory approval to test the technology in human trials.

Q&A ASK DR MARSH

Q: Since being diagnosed with type 2 earlier this year, I've made an effort to eat more fruit and vegetables every day and it's made a big difference. But with the cost of food increasing dramatically, some of my favourite fresh options are off the menu now. Help!

Kate says: It's great to hear you have made positive changes to your eating, especially including more fruit and vegetables. Here are a few ideas for continuing to eat well and watch your budget at the same time:

- Shop in season. Not only will your fresh produce taste better but it will also be more affordable.
- Consider buying frozen veggies when the fresh varieties are expensive – they are still a nutritious option and often cheaper. Canned fruit in natural juice can also be a good alternative to fresh fruit. You can stock up on these items when they are on sale.
- Get more protein from plants. Legumes (lentils, beans and chickpeas) have many health benefits and are much more economical than animal protein so including a few vegetarian meals per week or replacing part of the meat or chicken in meals with legumes, will leave you with extra room in your budget for fresh fruit and vegetables.
- Plan your meals and shop with a list. Buying only what you need and avoiding food waste can make a big difference to your budget.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

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How our food works for you
see page 83

Delicious dinners to make midweek easier

5 DAYS 5 DINNERS

MONDAY LC GF

BEAN & PUMPKIN RAGOUT

PREP 10 MINS **COOK** 50 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 small brown onion, finely chopped
250g peeled and diced pumpkin
2 cloves garlic, thinly sliced
½ tsp ground cinnamon
½ tsp ground turmeric
1 tsp cumin seeds
Pinch dried chilli flakes
325ml (1¼ cups) passata
125ml (½ cup) water
½ tsp caster sugar
1 x 400g can no-added-salt butter beans, drained and rinsed
½ bunch flat-leaf parsley, roughly chopped
2 tsp dried mint
4 Tbsp reduced-fat Greek natural yoghurt

1 Heat 2 teaspoons of the oil in a medium saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens. Add the pumpkin and garlic. Cook, stirring occasionally, for a further 8-10 minutes or until the pumpkin edges are starting to soften.

2 Add the cinnamon, turmeric, cumin seeds and chilli flakes to the pan. Cook, stirring, for 1 minute. Add the passata, water and sugar. Stir. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 20-25 minutes or until the pumpkin is cooked through.

3 Remove the lid from the pan and stir in the beans and most of the parsley.

4 Heat the remaining oil and the dried mint in a small non-stick frying pan over medium heat. Cook, stirring, for 1-2 minutes until the mint smells fragrant.

5 Divide the ragout between serving bowls. Top with the yoghurt and remaining parsley. Drizzle over the hot mint oil.

Nutritional Info

PER SERVE 1400kJ (335Cal), **protein** 15g, **total fat** 12g (sat. fat 2g), **carbs** 34g, **fibre** 15g, **sodium** 420mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

TUESDAY LCO GFO

THAI GREEN FISH CURRY

PREP 10 MINS COOK 10 MINS
SERVES 2 (AS A MAIN)

1 Tbsp Thai green curry paste or gluten-free curry paste
½ x 400g can light coconut milk
100g sugar snap peas
200g skinless fish fillets, (use white fish or salmon or trout or a mixture) cut into chunks
1 tsp fish sauce
110g (½ cup) Doongara Low Gi White Rice, cooked following packet instructions, to serve
200g broccoli florets, steamed, to serve
1 large carrot, sliced, steamed, to serve
¼ long red chilli, finely sliced, to serve (optional)
2 Tbsp roughly chopped coriander, to serve

1 Put the curry paste in a medium non-stick frying pan over medium heat. Cook, stirring, for 1 minute. Stir in the coconut milk. Bring to a simmer.

2 Add the sugar snap peas to the pan and simmer for 1 minute. Add the fish and cook over medium heat for 3 minutes or until the fish is cooked through. Stir in the fish sauce.

3 Serve the curry with the rice and steamed vegetables. Sprinkle the curry with chilli and coriander, if using.

Nutritional Info

PER SERVE 1870kJ (447Cal), **protein** 31g, **total fat** 12g (sat. fat 7g), **carbs** 49g, **fibre** 8g, **sodium** 680mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

Lower-carb option:

Replace white rice with 2 cups steamed cauliflower rice.

PER SERVE 1250kJ (298Cal), **protein** 29g, **total fat** 12g (sat. fat 7g), **carbs** 13g, **fibre** 9g, **sodium** 737mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

WEDNESDAY LCO GFO

NUTTY CHICKEN & LEMON SPAGHETTI

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

200g skinless chicken breast fillets, trimmed of fat
1 Tbsp olive oil
Freshly ground black pepper
40g stale low-GI white bread or gluten-free bread, torn into small pieces
70ml skim milk
40g walnuts
1 clove garlic
Zest and juice ¼ lemon
100g dried spaghetti or gluten-free spaghetti
¼ bunch flat-leaf parsley, finely chopped
1 Tbsp finely grated parmesan, to serve

1 Preheat a grill on medium. Put the chicken on a baking tray and drizzle with 1 tsp oil. Season with pepper. Place under grill and cook for 5-6 minutes on each side or until cooked through. Shred the chicken with two forks.

2 Meanwhile, soak the bread in the milk in a small bowl for 5 minutes. Transfer to a small food processor with the walnuts, remaining oil, garlic, lemon zest and juice. Pulse to a smooth creamy texture. Season with pepper.

3 Bring a large saucepan of water to the boil. Add the spaghetti and cook for 10-12 minutes or until al dente. Drain the spaghetti, reserving 100ml of the cooking water.

4 Return spaghetti to the pan and toss with walnut sauce, shredded chicken, most of the reserved pasta water and the parsley. Toss to coat, and add a little more pasta water to loosen, if you need to. Top with parmesan and serve.

Nutritional Info

PER SERVE 2430kJ (581Cal), **protein** 36g, **total fat** 27g (sat. fat 4g), **carbs** 45g, **fibre** 5g, **sodium** 204mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

Lower-carb option:

Replace the spaghetti with 100g Slendier Soy Bean Spaghetti, cooked following packet instructions.

PER SERVE 1940kJ (464Cal), **protein** 38g, **total fat** 28g (sat. fat 4g), **carbs** 12g, **fibre** 7g, **sodium** 204mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

THURSDAY LC GFO

HEALTHY ROAST DINNER

PREP 15 MINS **COOK** 50 MINS
SERVES 2 (AS A MAIN)

300g Zerella Spud Lite potatoes, unpeeled, thickly sliced
4 small carrots, halved lengthways
1 large red onion, cut into quarters
8 (170g) large Brussels sprouts, trimmed, halved
2½ tsp olive oil
2 tsp thyme leaves
Freshly ground black pepper
2 tsp balsamic vinegar
1 large clove garlic, finely grated
2 pinches of mustard powder
170g thick beef fillet steak, trimmed of fat
½ tsp salt-reduced vegetable stock powder or gluten-free stock powder

1 Preheat oven to 160°C (fan-forced). Line a baking tray with baking paper.

2 Bring a large saucepan of water to the boil. Add the potatoes and cook for 5 minutes. Drain, reserving the water.

2 Put the potatoes, carrots, onion and sprouts with 2 tsp of the oil in a bowl. Toss to coat. Place the vegetables in a single layer on the lined tray. Scatter with 1 tsp of the thyme leaves and season with pepper. Roast for 30 minutes, turn the vegetables over and roast for a further 15 minutes or until tender.

3 Meanwhile, mix 1 tsp of the vinegar with the garlic, remaining thyme and oil, the mustard and season with black pepper. Rub the mixture over both sides of the steak. Place in a shallow dish and set aside. Mix the remaining vinegar with the stock powder and 125ml (½ cup) of the reserved water from the potatoes. Set aside.

4 Heat a small non-stick frying pan over medium-high heat. Lift the steak out of the marinade, shake off the excess and add to the pan. Cook for 2-3 minutes on each side or until cooked to your liking. Transfer the steak to a board, cover loosely with foil and set aside to rest. Pour the leftover marinade into the frying pan and bring to a simmer. Simmer for 2-3 minutes or until the sauce thickens slightly to make a gravy.

5 Slice the steak and serve with the roast vegetables and gravy on the side.

Nutritional Info

PER SERVE 1420kJ (339Cal), **protein** 27g, **total fat** 12g (sat. fat 3g), **carbs** 23g, **fibre** 11g, **sodium** 248mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

FRIDAY GFO

SEAFOOD RISOTTO

PREP 15 MINS **COOK** 1 HOUR 10 MINS
SERVES 2 (AS A MAIN)

1 Tbsp extra-virgin olive oil
½ bulb fennel, finely chopped
1 clove garlic, thinly sliced
¼ tsp fennel seeds
1 tsp passata
100g arborio rice
80ml (1/3 cup) white wine
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
375ml (1½ cups) water
100g cherry tomatoes, halved
100g mussels or clams
1 small cleaned hood squid, cut into 1cm rings
100g green king prawns, peeled and deveined with tails left intact, butterflied
3 Tbsp finely grated parmesan
2 tsp light margarine
½ lemon, cut into wedges
Freshly ground black pepper
A small handful flat-leaf parsley

SALAD
60g rocket leaves
½ avocado, sliced
100g cherry tomatoes, halved

1 Heat the oil in a medium, deep non-stick frying pan over medium heat. Stir in the fennel. Cook, stirring occasionally, for 10-15 minutes or until the fennel is soft and starting to caramelise. Add the garlic and fennel seeds and cook, stirring, for 1 minute. Stir in the passata and cook for another 2 minutes. Add the rice and cook, stirring, for 2 minutes, or until all of the grains of rice are coated in the oil and they begin to toast slightly. Pour in the wine and simmer for 2-3 minutes or until slightly reduced.

2 Put the stock and water into a small saucepan and bring to a simmer over medium heat. Add a ladleful of the hot stock to the rice, stirring constantly, only adding more once the previous batch has been absorbed. Cook for 15 minutes, then taste the rice. It should be nearly cooked but still a little chalky. Add the cherry tomatoes, mussels, squid and prawns and cook gently until the mussels open and the prawns turn pink, adding more stock so that the risotto stays saucy.

3 Stir the parmesan, margarine and a squeeze of lemon juice into the rice. Season with pepper and stir until well combined. Put the lid on and set aside for 2 minutes. Sprinkle the risotto with the parsley.

4 Spoon the risotto between serving bowls. Toss salad ingredients together. Serve risotto with the lemon wedges and salad

Nutritional Info

PER SERVE 2350kJ (563Cal), **protein** 34g, **total fat** 24g (sat. fat 7g), **carbs** 45g, **fibre** 8g, **sodium** 1070mg • **Carb exchanges** 3 • **GI estimate** high • **Gluten-free option**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

GROCERIES

WALNUTS Roughly chop a small handful and add to a vegie-packed garden salad. Drizzle the salad with a dressing of balsamic vinegar, a dash of olive oil, fresh lemon juice and freshly ground black pepper.

SPAGHETTI Break into small pieces and add to homemade vegetable soup for the last 12-15 minutes of cooking.

PASSATA Use in soups, casseroles and pasta sauces.

ARBORIO RICE Use to make baked risotto or creamed rice (only serving a very small portion each).

STOCK Use in soups, sauces and casseroles. Alternatively, freeze the remaining stock in a small airtight container for later use.

CURRY PASTE Combine with leftover yoghurt, freshly squeezed lemon juice and freshly ground black pepper. Use to marinate fish or chicken. Grill or oven-bake.

COCONUT MILK Use in a breakfast smoothie, savoury sauce or in baking.

YOGHURT Serve leftover yoghurt with chopped seasonal fresh fruit and a sprinkling of leftover walnuts for a quick and easy breakfast.

FRUIT AND VEGETABLES

FENNEL Thinly slice and use in a salad with leftover walnuts and coriander, avocado, cucumber. Dress with a lemon dressing.

LEMON Use the zest and juice in dressing or to toss through freshly steamed vegetables.

CORIANDER Finely chop and toss through steamed rice. Serve with curries.

CHILLI AND THYME Finely chop the leftover chilli and thyme with garlic. Combine with lemon zest and juice. Toss through leftover steamed potatoes.

POTATOES Roast, mash or steam.

AVOCADO Mash and season with pepper and a little lemon juice. Use as a base to spread over wholegrain bread and top with lots of healthy salad ingredients.

TOMATOES Munch on as a healthy snack or put in salads or slice and use on sandwiches. ■

SHOPPING LIST

GROCERIES

- ❑ 100g pkt walnuts
- ❑ 500g pkt dried spaghetti
- ❑ 400g bottle passata
- ❑ 1kg pkt arborio rice
- ❑ 1L carton salt-reduced chicken stock
- ❑ 400g can no-added-salt butter beans
- ❑ 210g jar Thai green curry paste
- ❑ 400ml can light coconut milk

FRUIT & VEGETABLES

- ❑ 1 fennel bulb
- ❑ 1 lemon
- ❑ 1 bunch flat-leaf parsley
- ❑ 1 bunch coriander
- ❑ 1 bunch thyme
- ❑ 8 (170g) Brussel sprouts
- ❑ 250g punnet cherry tomatoes
- ❑ 1 small brown onion
- ❑ 1 small piece pumpkin
- ❑ 100g sugar snap peas
- ❑ 1 long red chilli
- ❑ 1.5kg bag Zerella Spud Lite Potatoes
- ❑ 4 small carrots + 1 large carrot
- ❑ 1 large red onion
- ❑ 60g rocket leaves
- ❑ 1 small avocado
- ❑ 200g broccoli florets

MEAT & POULTRY

- ❑ 200g skinless chicken breast fillets
- ❑ 170g thick beef fillet steak

SEAFOOD

- ❑ 100g mussels or clams
- ❑ 1 small cleaned squid hood
- ❑ 100g green king prawns
- ❑ 200g skinless fish fillet, (use white fish or salmon or trout or a mixture)

DAIRY

- ❑ 500g container reduced-fat Greek natural yoghurt

PANTRY

- ❑ Olive oil
- ❑ Extra virgin olive oil
- ❑ Black pepper
- ❑ Low GI white bread
- ❑ Skim milk
- ❑ 5 cloves garlic
- ❑ Parmesan
- ❑ Fennel seeds
- ❑ Ground cinnamon
- ❑ Ground turmeric
- ❑ Cumin seeds
- ❑ Dried mint
- ❑ Dried chilli flakes
- ❑ White wine
- ❑ Light margarine
- ❑ Caster sugar
- ❑ Fish sauce
- ❑ Balsamic vinegar
- ❑ Doongara Low GI White Rice
- ❑ Salt-reduced vegetable stock powder
- ❑ Mustard powder

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTYIMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 79
Eat at least 5 serves of vegetables every day • Cut back on sugar • Support your immune system • Fuel your fitness goals
Boost health • Lose excess weight •
7-DAY
WINTER
DIET PLAN

HEALTH-BOOST benefits

Make this winter work for you with our brand-new Healthy Diet Plan to help you look and feel your best. These delicious and healthy recipes will be making a regular appearance on your table long past winter

Following the plan can help you cut down on sugar, lose excess weight and boost your energy levels. Your immune system is supported, too, with nutrients that may also improve skin, nails and hair – so it's a beauty treatment as well!

Each day provides more than five serves of vegetables while keeping within the recommended intake for total fats, saturated fats, sugar, salt (sodium) and energy (kilojoules), and following the latest guidance on your intake of 'free' sugars (those added to food, including honey and syrups). Because fat helps your body absorb vitamins A, D, E and K, we've included healthy types from oily fish, unsalted nuts and plant milks. We've used olive oil as it contains less than 15% saturated fat, compared to 53% in butter, and is a great source of unsaturated fats known for their heart health benefits.

We've also included more vegan recipes. Enjoying meals based on plant foods has a number of health benefits, such as lowering the risk of heart disease, high blood pressure and diabetes. In addition, eating more fibre from wholegrains, fruit and vegetables has been proven to benefit your gut health.

As usual, our plan provides between 5000 and 6000 kilojoules per day (1,200 and 1,500 kcals per day), which is likely to create a moderate shortfall of daily energy intake, allowing for steady, controlled weight loss. We recommend you also include 2-3 small midmeal snacks each day based on fresh fruit and reduced fat dairy products, you will find lots of healthy snack recipes on page 84. As with any lifestyle or diet change, any concerns or health issues should be raised with your GP first.

The secret to the success of any approach to healthy eating is always preparation and planning, which is why we suggest using the Saturday before starting the plan to shop for ingredients and do a bit of food preparation. This will free up time during a busy week.

YOUR 7-DAY WINTER HEALTHY DIET PLAN

(serves 2)

	breakfast	lunch	supper
sunday	**Oatcakes with mushrooms and tomato** *Recipe, page 25*	**Corn & split pea chowder** *Recipe, page 31*	**Roast chicken traybake** *Recipe, page 33*
monday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Sesame & ginger sushi bowls** *Recipe, page 29*	**Little spicy vegie pies** *Recipe, page 34*
tuesday	**Oatcakes with mushrooms and tomato** *Recipe, page 25*	**Corn & split pea chowder** *Recipe, page 31*	**Lemon-dressed salmon with leek & broad bean purée** *Recipe, page 35*
wednesday	**Oat & chia porridge** *Recipe, page 27*	**Sesame & ginger sushi bowls** *Recipe, page 29*	**Parmesan pork with tomato & olive spaghetti** *Recipe, page 32*
thursday	**Oat & chia porridge** *Recipe, page 27*	**Black bean tortilla with salsa** *Recipe, page 30*	**Lebanese-style meatballs with mujadara** *Recipe, page 36*
friday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Black bean tortilla with salsa** *Recipe, page 30*	**Little spicy vegie pies** *Recipe, page 34*
saturday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Leek, tomato & barley risotto with pan-fried cod** *Recipe, page 28*	**Lebanese-style meatballs with mujadara** *Recipe, page 36*

Cook's Tip

For two serves of breakfast, make all the oatcakes at once, then chill or freeze two, but the filling should be freshly made each time.

brilliant breakfasts

A healthy start to the day gives you plenty of energy throughout the morning

OATCAKES WITH MUSHROOMS & TOMATO

PREP 15 MINS (+ 2-3 HOURS PROVING) **COOK** 20 MINS
SERVES 2 (AS A BREAKFAST; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

OATCAKES
90g (1 cup) rolled oats
350ml water
80g (½ cup) wholemeal plain flour
½ tsp dried yeast
½ tsp olive oil

TOPPING
1 Tbsp olive oil
320g button mushrooms, sliced
4 tomatoes, each cut into 8 wedges
4 Tbsp LSA Mix
4 Tbsp tahini
Handful coriander sprigs, chopped

1 To make the oatcakes, put the oats and water in a bowl. Use a hand held stick blender to blend until smooth. Stir in the flour and yeast. Cover and leave at room temperature for 2-3 hours or until bubbles appear (alternatively make and leave in the fridge overnight).

2 Brush a little of the oil over a medium non-stick frying pan. Heat over medium heat. Ladle in a quarter of the batter and swirl the pan to cover the base. Cook for 2 minutes, then turn and cook for a further 2 minutes more until golden. Transfer to a plate. Repeat process to make another three oatcakes (you will have 4 in total).

3 For the topping, heat 1 Tbsp of oil in a large non-stick frying pan over medium-high heat. Add half the mushrooms and cook, stirring often, for 2-3 minutes or until the mushrooms soften. Stir in 2 of the tomatoes and 2 Tbsp LSA mix. Cook, stirring, for 2 minutes.

4 Reheat 2 of the oatcakes in a dry frying pan over medium heat or until warmed through. Spread each oat cake with 1 Tbsp tahini, the mushroom mixture and scatter with a little coriander. Fold over and serve.

LEFTOVERS Place the remaining oatcakes in an airtight container and keep in the fridge for up to 2 days. On the second day, repeat step 3 with the remaining oil, mushrooms, tomatoes and LSA mix.

Nutrition info

PER SERVE 1750kJ (419Cal), **protein** 14g, **total fat** 25g (sat. fat 3g), **carbs** 27g, **fibre** 12g, **sodium** 37mg • **Carb exchanges** 2 • **GI estimate** low

APRICOT & HAZELNUT MUESLI

PREP 10 MINS (+ COOLING) **COOK** 5 MINS **SERVES** 2 (AS A BREAKFAST; WITH LEFTOVERS FOR 2 FOR ANOTHER 2 DAYS)

250g rolled oats
75g blanched hazelnuts, halved
75g pumpkin seeds
1½ tsp ground cinnamon
75g sulphur-free dried apricots, chopped
20g freeze-dried apple crisps or dried apple, broken into smaller pieces
100ml oat or hazelnut milk, per serve
¼ cup blueberries, per serve

1 Put the oats in a large non-stick frying pan over low heat. Cook, stirring often, for 3-4 minutes or until lightly toasted. Remove the pan from the heat and stir in the nuts, seeds and cinnamon. Transfer to a large bowl, stirring occasionally, to allow it to cool.

2 Add the apricots and apple to the oats. Toss and tip two-thirds of the muesli into an airtight container for another day.

3 Divide the remaining muesli between two bowls. Top each with 2 serves of the milk and berries.

Nutrition info

PER SERVE 2160kJ (516Cal), **protein** 17g, **total fat** 25g (sat. fat 3g), **carbs** 48g, **fibre** 13g, **sodium** 76mg • **Carb exchanges** 3 • **GI estimate** low

Cook's Tip

Keep in an airtight container for up to two weeks.

OAT & CHIA PORRIDGE

PREP 10 MINS (+ OVERNIGHT SOAKING) **COOK** 5 MINS
SERVES 2 (AS A BREAKFAST, WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

150g rolled oats
50g LSA mix
800ml water
400ml almond or oat milk
2½ Tbsp Chobani coconut yoghurt, per serve
1Tbsp toasted flaked almonds, per serve (see Cook's tip)
2 pink grapefruit, segmented and chopped

1 Put the oats, LSA mix and water in a bowl or airtight container. Cover and put in the fridge overnight.

2 Put the oat mixture and 200ml of the milk into a saucepan. Cook, stirring, over medium heat for 5 minutes or until the mixture is bubbling and thick. Divide half the porridge between serving bowls and transfer the remaining porridge to an airtight container.

3 Top each of the two bowls with 50ml milk each and a serving of the yoghurt, almonds and grapefruit.

LEFTOVERS: Once the porridge is cooled, cover and keep in the fridge for up to 2 days. Put the grapefruit in a container and keep in the fridge. Put the almonds in an airtight container and store at room temperature. To serve, reheat the leftover porridge in a small saucepan with a splash more milk. Top each with 50ml milk, a serve of yoghurt, almonds and grapefruit

Cook's Tip

To toast the almonds, cook in a small non-stick frying pan, stirring, over medium heat for 2-3 minutes or until lightly toasted.

Nutrition info

PER SERVE 1590kJ (380Cal), **protein** 15g, **total fat** 18g (sat. fat 2g), carbs 33g, **fibre** 10g, **sodium** 93mg • **Carb exchanges** 2 • **GI estimate** low

midday meals

These healthy lunches are simple to prepare – just pack them into a lunchbox or flask if you're on the go midweek

LCO

LEEK & BARLEY RISOTTO WITH PAN-FRIED COD

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A LIGHT MEAL)

2 tsp olive oil
1 large leek, thinly sliced
2 cloves garlic, chopped
50g (1/3 cup) pearl barley, cooked following packet directions, drained and cooled
60ml (¼ cup) boiling water
1 tsp salt-reduced vegetable stock powder
1 tsp finely chopped sage
1 Tbsp thyme leaves, plus a few extra leaves, to serve
160g cherry tomatoes
3 Tbsp finely grated parmesan
2 x 100g skin on blue-eye cod fillets or firm white fish fillets

1 Heat 1 tsp oil in a medium non-stick frying pan over medium heat. Add the leek and garlic and cook, stirring often, for 5-10 minutes, until leek starts to soften, adding a splash of water to help it cook if you need to.

2 Add the barley, water, stock powder, sage and thyme to the pan. Simmer, stirring often, for 3 minutes. Add the tomatoes and cook, stirring occasionally, for 4-5 minutes or until they soften and start to split, adding a drop more water if necessary. Stir in the parmesan.

3 Meanwhile, heat the remaining oil in a large non-stick frying pan over medium heat. Add the fish, skin-side down and cook for 4 minutes. Turn the fillets over and cook for a further 3-4 minutes or until cooked through.

4 Spoon the risotto between 2 serving plates or bowls. Place the fish on top and sprinkle with a few thyme leaves, if you like.

Nutrition info

PER SERVE 1380kJ (330Cal), **protein** 30g, **total fat** 10g (sat. fat 4g), **carbs** 24g, **fibre** 11g, **sodium** 587mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

SESAME & GINGER SUSHI BOWLS GFO

PREP 10 MINS **COOK** 25 MINS **SERVES** 2 (AS A LIGHT MEAL; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

25g ginger (choose a straight piece that is quite slim), peeled
5 Tbsp apple cider vinegar
1 Tbsp water
120g brown basmati rice
325ml (1¼ cups) water
320g frozen shelled edamame beans
2 Tbsp salt-reduced soy sauce or gluten-free soy sauce
2 small avocados, peeled and stone removed, sliced
1 large carrot, cut into long matchsticks or coarsely grated
50g cherry tomatoes, halved
½ Lebanese cucumber, sliced
2 tsp sesame oil
2 Tbsp toasted sesame seeds

1 Cut the ginger as thinly as you can to make wafer-thin slices or finely shred. Put in a bowl with 4 Tbsp of the vinegar and the water. Massage briefly with your fingers to soften. Set aside.

2 Put the rice in a medium saucepan with the water. Cover and bring to the boil over medium heat. Reduce heat to low and simmer, covered, for 15 minutes. Spoon the edamame beans on top (don't stir). Cover and cook for a further 7 minutes. The rice should be tender and have absorbed all the water.

3 Skim the beans off the rice and set aside. Tip the remaining vinegar and 2 teaspoons of the soy sauce into the rice. Stir well. Spoon onto a plate and spread out to cool quickly.

4 Once the rice is cool, spoon between four bowls or lunchboxes. Top with the avocado, carrot, edamame beans, tomato and cucumber. Spoon the ginger from the vinegar and scatter over the top. Add the remaining soy sauce and sesame oil to the vinegar. Spoon over the sushi bowl and scatter with the sesame seeds.

LEFTOVERS Cover 2 of the bowls or containers and keep in the fridge until the next day.

Nutrition info

PER SERVE 1580kJ (377Cal), **protein** 16g, **total fat** 18g (sat. fat 2g), **carbs** 34g, **fibre** 11g, **sodium** 426mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

GF

BLACK BEAN TORTILLA WITH SALSA

PREP 15 MINS **COOK** 20 MINS
SERVES 2 (AS A LIGHT MEAL; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

400g can no-added-salt chopped tomatoes
1 brown onion, finely chopped
2 tsp smoked paprika
1 red chilli, halved, deseeded and finely chopped
½ bunch coriander, finely chopped
6 pitted Kalamata olives, thinly sliced
Juice of half a lemon or lime
2 x 420g cans no-added-salt black beans, rinsed and drained
3 cloves garlic, finely grated
2 tsp ground cumin
2 tsp ground coriander
6 x 60g eggs
1 Tbsp olive oil
80g rocket leaves

1 To make salsa, put the tomatoes, onion, smoked paprika and half the chilli in a saucepan. Cover and cook over low heat for 10 minutes. Tip three-quarters of the tomato mixture into a bowl. Stir in 2 Tbsp of fresh coriander, the olives and lemon juice.

2 Meanwhile, preheat grill on medium. Tip the beans into a bowl and stir in the remaining chilli, garlic, cumin and ground coriander. Add the eggs and whisk to combine. Stir in the reserved salsa and remaining fresh coriander. Mash some of the beans with a potato masher.

3 Heat the oil in a 24cm non-stick frying pan over medium heat. Pour in the bean mixture and leave to cook for 5-7 minutes or until the base is set. Transfer the pan to the grill and cook for 5 minutes or until the top is set and light golden. Loosen the tortilla and slide out of the pan onto a chopping board.

4 Cut the tortilla into wedges.

Divide half the wedges between serving plates. Serve with half the salsa and half the rocket.

LEFTOVERS Once cool, transfer the remaining tortilla to an airtight container. Pack the salsa and rocket into separate containers. Keep in the in the fridge for the next day.

Nutrition info

PER SERVE 1510kJ (361Cal), **protein** 24g, **total fat** 15g (sat. fat 3g), **carbs** 27g, **fibre** 9g, **sodium** 226mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GFO

CORN & SPLIT PEA CHOWDER

PREP 10 MINS **COOK** 60 MINS
SERVES 2 (AS A LIGHT MEAL; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

150g dried yellow split peas
3 stalks celery, sliced
1 thyme sprig, plus 1 Tbsp thyme leaves
1.5L (6 cups) boiling water
1 Tbsp olive oil
2 brown onions, halved and thinly sliced
4cm piece ginger, finely grated
2 red chillies, deseeded and sliced
3 large cloves garlic, chopped
1 large green capsicum, chopped into small pieces
1 large potato, unpeeled, cut into 1-2cm pieces
2 tsp salt-reduced stock powder or gluten-free stock powder
280g frozen corn kernels
150g coconut yoghurt

1 Put the split peas, celery and thyme sprig in a medium saucepan with 1L (4 cups) of the boiling water. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 25 minutes.

2 Meanwhile, heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens. Stir in the ginger, chilli and garlic. Stir in the capsicum, potato and remaining 500ml (2 cups) boiling water, stock powder and thyme leaves.

3 Add the split pea mixture and corn to the onion mixture. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 30-35 minutes or until the vegetables are tender.

4 Remove a third of the chowder from the pan and set aside. Use a hand held stick blender to puree the remaining mixture in the pan. Return the reserved chowder to the pan with the yoghurt. Stir well. Serve two portions of the chowder into serving bowls. Keep the remaining chowder for another day.

LEFTOVERS Allow the leftover chowder to cool then transfer to an airtight container and keep in the fridge for up to 3 days.

Nutrition info

PER SERVE 1500kJ (359Cal), **protein** 16g, **total fat** 10g (sat. fat 3g), **carbs** 45g, **fibre** 13g, **sodium** 339mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

easy, healthy dinners

Take your time eating dinner to support your digestion and help you feel more satisfied. Eating a meal with others also helps you eat more slowly

GFO LCO

PARMESAN PORK WITH TOMATO & OLIVE SPAGHETTI

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

200g lean pork fillet, trimmed of fat, cut into 6 equal slices
2 tsp olive oil
3 tsp finely chopped sage
4 cloves garlic, finely grated
Freshly ground black pepper
1½ Tbsp finely grated parmesan
1 large carrot, chopped
3 stalks celery, chopped
6 pitted Kalamata olives, thinly sliced
2 Tbsp tomato purée
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
200ml water
120g wholemeal spaghetti or gluten-free spaghetti
100g cherry tomatoes, halved
¼ cup chopped flat-leaf parsley

1 Put the pork in a bowl with 1 tsp oil, 1 tsp sage, 1 clove garlic and plenty of freshly ground black pepper. Toss to combine. Line a baking tray with baking paper. Place the pork on the tray and sprinkle over the parmesan.

2 Heat the remaining oil in a non-stick frying pan over medium heat. Add the carrot, celery and remaining garlic and sage. Cook, stirring often, for 5 minutes. Add the olives, tomato puree, stock powder and water. Cover and bring to a simmer. Reduce heat to medium-low and simmer, covered, for 6-8 minutes or until the vegetables are tender.

3 Meanwhile, cook the spaghetti in a large saucepan of boiling water for 10-12 minutes or until al dente. Preheat a grill pan over medium heat.

4 Add the pork to the pan and cook, turning once, for 5-6 minutes or until just cooked. Set aside to rest. Drain the spaghetti, reserving a little water. Return the pasta and reserved water to the pan. Add the vegetables, tomatoes and parsley. Toss to combine.

5 Serve the spaghetti with the pork.

Nutrition info

PER SERVE 2030kJ (485Cal), **protein** 36g, **total fat** 13g (sat. fat 3g), **carbs** 47g, **fibre** 14g, **sodium** 675mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION:
Replace the wholemeal pasta with 120g Atkins Low Carb Penne Pasta.
PER SERVE 2030kJ (485Cal), **protein** 58g, **total fat** 13g (sat. fat 4g), **carbs** 25g, **fibre** 16g, **sodium** 699mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LCO GFO

ROAST CHICKEN TRAYBAKE

PREP 10 MINS **COOK** 1 HOUR 5 MINS
SERVES 2 (AS A MAIN)

2 red onions, sliced into rings
1 large red capsicum, deseeded, cut into 3cm pieces
300g Zerella Spud Lite Potatoes, unpeeled, cut into 3cm chunks
1 Tbsp olive oil
2 large (300g) boneless chicken thigh fillets, trimmed of fat, each halved
Zest and juice of 1 lime
3 large cloves garlic, finely grated
1 tsp smoked paprika
1 tsp thyme leaves
200ml boiling water
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
200g broccolini, stem cut into lengths if very thick

1 Preheat oven to 180°C (fan-forced). Put the onion, capsicum, potatoes and oil in a non-stick roasting tin and toss to combine. Roast for 15 minutes.

2 Meanwhile, rub the chicken with the lime zest, garlic, paprika and thyme. Remove the vegetables from the oven and stir. Snuggle the chicken thighs among the vegetables, covering them with some of the onions so they don't dry out. Roast for 40 minutes.

3 As you approach the end of the cooking time, mix the boiling water and stock powder. Remove the roasting tin from the oven. Add the broccolini to the tin, and pour over the hot stock followed by the lime juice. Quickly cover with foil and return to the oven for 10 minutes or until the broccolini is just tender. Serve.

Nutrition info

PER SERVE 2000kJ (478Cal), **protein** 39g, **total fat** 18g (sat. fat 4g), **carbs** 31g, **fibre** 13g, **sodium** 662mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

LOWER CARB OPTION: Swap the red capsicum for a large green capsicum and replace potatoes with 300g pumpkin, cut into 3cm chunks.
PER SERVE 1920kJ (459Cal), **protein** 39g, **total fat** 19g (sat. fat 4g), **carbs** 25g, **fibre** 14g, **sodium** 648mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

LITTLE SPICY VEGIE PIES

PREP 10 MINS **COOK** 55 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

2 Tbsp olive oil
2 Tbsp finely chopped ginger
2 tsp curry powder or gluten-free curry powder
3 large cloves garlic, grated
2 x 420g cans no-added-salt chickpeas, undrained
320g carrots, coarsely grated
160g frozen corn
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
4 Tbsp tomato purée
250g baby spinach leaves

TOPPING
750g Zerella Spud Lite Potatoes, cut into 3cm chunks
1 tsp ground coriander
1/3 cup coriander leaves, chopped
150g reduced-fat Greek yoghurt

1 To make the topping, cook the potatoes in a saucepan of boiling water for 15-20 minutes or until tender. Drain, reserving the water. Return the potatoes to the pan. Add ground coriander, fresh coriander and yoghurt to the potatoes. Mash until smooth and creamy.

2 Meanwhile, heat oil in a large saucepan over medium heat. Add ginger and cook, stirring, for 1 minute. Add curry powder and garlic. Cook, stirring, for 10 seconds. Add one of the undrained cans of chickpeas. Stir well. Use a potato masher to smash them up a bit. Add the second can of undrained chickpeas, carrots, corn, stock powder and tomato puree. Simmer for 5-10 minutes, adding some of the reserved water, if needed, to loosen the mixture.

3 Preheat oven to 180°C (fan-forced). Spoon filling into four individual pie dishes. Top with mash, smoothing it to seal round the edges of the dishes. Bake two pies for 25 minutes or until golden. Steam or microwave half the spinach. Serve the pies with the spinach.

LEFTOVERS Cover and chill the remaining two pies to eat another day. Will keep in the fridge for up to 4 days. Bake as in step 3. If freezing, bake from frozen for 40-45 minutes or until golden and piping hot. Steam or microwave remaining spinach to serve.

Nutrition info

PER SERVE 1840kJ (440Cal), **protein** 18g, **total fat** 14g (sat. fat 3g), **carbs** 51g, **fibre** 15g, **sodium** 485mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

GF LC

LEMON-DRESSED SALMON WITH LEEK & BROAD BEAN PURÉE

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

Zest and juice of half a lemon
1 Tbsp drained capers
3 tsp olive oil
1 large leek, sliced
200g frozen broad beans
250g baby spinach leaves
2 skin-on (120g each) boneless salmon fillets
12 small basil leaves
170g baby Zerella Spud Lite Potatoes (halved if larger), steamed, to serve

1 Combine the lemon zest and juice, capers and 2 tsp oil in a small bowl to make a dressing.

2 Bring a small saucepan of water to the boil over high heat. Add the leek and beans and cook for 6-8 minutes or until tender. Use a slotted spoon to transfer to a bowl. Add the spinach and cook for 1 minute or until the leaves just wilt. Remove from the water.

2 Meanwhile, heat the remaining oil in a medium non-stick frying pan over medium heat. Add the salmon, skin-side down and cook for 4 minutes. Turn the salmon over and cook for a further 3-4 minutes or until just cooked through.

3 Add a couple of spoonfuls of the broad beans to the dressing. Use a hand held blender to blitz the rest of the beans with the leek to a purée, adding a splash of cooking water if it's too thick.

4 Divide the spinach between serving plates. Spoon on the purée and then top with salmon. Spoon over the dressing, scatter over the basil and serve with potatoes.

Nutrition info

PER SERVE 2220kJ (531Cal), **protein** 39g, **total fat** 28g (sat. fat 6g), **carbs** 23g, **fibre** 15g, **sodium** 320mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GFO

LEBANESE-STYLE MEATBALLS WITH RICE AND LENTILS

PREP 20 MINS (+ 30 MINS CHILLING)
COOK 55 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

250g lean lamb mince
2 large brown onions, 1 very finely chopped, 1 halved and thinly sliced
1 clove garlic, finely grated
3 tsp ground cumin
Zest and juice of half a lemon
Freshly ground black pepper
½ lemon, cut into four wedges
2 tsp olive oil
200g brown basmati rice
2 tsp salt-reduced stock powder or gluten-free stock powder
500ml (2 cups) water
420g can no-added-salt lentils, rinsed and drained
2 Tbsp tahini

SALAD
4 tomatoes, cut into wedges
1 small Lebanese cucumber, sliced
12 Kalamata olives, pitted and quartered
1 Tbsp chopped mint, plus extra leaves, to serve

1 Put the lamb mince in a bowl with ¼ of the chopped onion, the garlic, ½ tsp cumin and the lemon zest. Season with black pepper. Use your hands to mix until well combined. Shape into 16 small meatballs. Place on a plate, cover and put in the fridge for at least 30 minutes to chill.

2 Heat 1 tsp of the oil in a medium saucepan over medium-high heat. Reserve half the remaining chopped onion for the salad. Add the remaining onion to the pan and cook, stirring occasionally, for 5 minutes or until the onion is golden. Stir in the remaining cumin, rice, stock powder and water. Season with pepper. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 30 minutes. Add the lentils, cover and cook for a further 5-10 minutes or until the rice is tender and all the water has been absorbed.

3 Meanwhile, heat the remaining oil in a medium non-stick frying pan over medium-high heat. Add the meatballs and sliced onion. Cover and cook for 5 minutes. Stir, then cook, uncovered, for a further 5 minutes or until the meatballs are cooked through and the onions are golden. Stir the tahini and lemon juice together with 3-4 Tbsp water to make a sauce.

4 Toss all of the salad ingredients with the reserved chopped onion in a bowl. Divide half the rice and lentils between two plates and top with half of the meatballs and onions. Spoon over half of the tahini sauce and serve with half the salad, two lemon wedges and a few mint leaves.

LEFTOVERS Cover and chill the remaining portions to eat another day. Will keep in the fridge for 2-3 days.

Nutrition info

PER SERVE 2170kJ (519Cal), **protein** 27g, **total fat** 18g (sat. fat 3g), **carbs** 57g, **fibre** 11g, **sodium** 453mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

YOUR 7-DAY **VEGETARIAN** PLAN

(serves 2)

	breakfast	lunch	supper
sunday	**Oatcakes with mushrooms and tomato** *Recipe, page 25*	**Corn & split pea chowder** *Recipe, page 31*	**Cheesy eggplant & tomato spaghetti** *Recipe, page 38*
monday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Sesame & ginger sushi bowls** *Recipe, page 29*	**Little spicy vegie pies** *Recipe, page 34*
tuesday	**Oatcakes with mushrooms and tomato** *Recipe, page 25*	**Sesame & ginger sushi bowls** *Recipe, page 29*	**Hearty lentil one-pot** *Recipe, page 39*
wednesday	**Oat & chia porridge** *Recipe, page 25*	**Corn & split pea chowder** *Recipe, page 31*	**Middle Eastern-style cabbage rolls** *Recipe, page 40*
thursday	**Oat & chia porridge** *Recipe, page 25*	**Black bean tortilla with salsa** *Recipe, page 30*	**Hearty lentil one-pot** *Recipe, page 39*
friday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Black bean tortilla with salsa** *Recipe, page 30*	**Middle Eastern-style cabbage rolls** *Recipe, page 40*
saturday	**Apricot & hazelnut muesli** *Recipe, page 26*	**Spinach & barley risotto** *Recipe, page 41*	**Little spicy vegie pies** *Recipe, page 34*

GFO LCO

CHEESY EGGPLANT & TOMATO SPAGHETTI

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

3 tsp olive oil
1 eggplant, cut into 10 thick slices
1½ Tbsp finely grated parmesan
1 Tbsp chopped hazelnuts
2 tsp finely chopped sage, plus 10 small leaves
4 cloves garlic, finely grated
1 large carrot, chopped
3 stalks celery, chopped
6 Kalamata olives, pitted and thinly sliced
2 Tbsp tomato purée
1½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
200ml water
120g wholemeal spaghetti or gluten free spaghetti
100g cherry tomatoes, halved
Handful flat-leaf parsley, chopped

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Drizzle 1 teaspoon of the oil over the tray. Press the eggplant into the oil, turning to coat. Bake for 10 minutes. Turn eggplant over on the tray. Combine the parmesan and hazelnuts. Sprinkle over the eggplant along with the sage leaves. Bake for a further 10-12 minutes or until the eggplant is tender.

2 Meanwhile, heat the remaining oil in a medium non-stick frying pan over medium heat. Add the garlic, carrot, celery and chopped sage. Cook, stirring often, for 5 minutes. Add the olives, tomato purée, stock powder and water. Cover and cook for a further 5 minutes.

3 Cook the spaghetti following pack instructions. Drain, reserving some of the cooking water. Return the pasta to the pan. Add the cooked vegetables, tomatoes and most of the parsley, loosening the sauce with some of the reserved cooking liquid, if needed. Divide between serving bowls and top with the eggplant and remaining parsley.

Nutrition info

PER SERVE 2030kJ (486Cal), **protein** 16g, **total fat** 18g (sat. fat 3g), **carbs** 54g, **fibre** 20g, **sodium** 778mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION: Replace the spaghetti with 120g Slendier Edamame Bean Spaghetti, cooked according to packet directions.

PER SERVE 1450kJ (346Cal), **protein** 18g, **total fat** 18g (sat. fat 4g), **carbs** 18g, **fibre** 18g, **sodium** 765mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

HEARTY LENTIL ONE-POT

PREP 20 MINS **COOK** 1 HOUR
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

200g dried brown lentils
40g dried porcini mushrooms, roughly chopped
1½ Tbsp chopped rosemary
2L (8 cups) water
Freshly ground black pepper
3 Tbsp olive oil
2 large brown onions, roughly chopped
150g small Swiss brown mushrooms, halved or quartered if large
4 cloves garlic, finely grated
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
2 large carrots, cut into chunks
3 stalks celery, chopped
500g Zerella Spud Lite Potatoes, cut into chunks
200g cavolo nero (Tuscan kale) or kale, inner core removed, shredded

1 Cook the lentils in a medium saucepan of boiling water for 10 minutes. Drain and rinse. Return the lentils to the pan. Add the dried mushrooms, rosemary and water. Season with pepper. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 20 minutes.

2 Meanwhile, heat oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes. Stir in fresh mushrooms and garlic. Cook, stirring occasionally, for a further 5 minutes. Stir in lentil mixture, stock powder, carrots, celery and potatoes. Cover and cook, stirring often, for a further 20 minutes, or until vegetables and lentils are tender, topping up the water level if needed.

3 Add the cavolo nero to the pan. Cover and cook for a further 5 minutes. Divide half between two bowls.

LEFTOVERS Once cool, transfer the remaining stew to an airtight container. Cover and keep in the fridge for up to 3 days. Reheat in a pan over medium heat.

Nutrition info

PER SERVE 2030kJ (486Cal), **protein** 22g, **total fat** 15g (sat. fat 2g), **carbs** 53g, **fibre** 18g, **sodium** 384mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO

MIDDLE EASTERN-STYLE CABBAGE ROLLS

PREP 20 MINS **COOK** 1 HOUR
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

16 large Savoy cabbage leaves, stems trimmed
1 Tbsp olive oil
2 large brown onions, finely chopped
40g pine nuts
1 Tbsp ground cumin
1 Tbsp ground coriander
1½ tsp ground cinnamon
150g brown basmati rice
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
420g can no-added-salt lentils, rinsed and drained
Zest and juice of 1 lemon
4 Tbsp chopped mint
2 Tbsp tahini
1 clove garlic, finely grated
3 Tbsp water

SALAD
6 tomatoes, sliced
1 small Lebanese cucumber, sliced
12 Kalamata olives, pitted and sliced
1 Tbsp chopped mint

1 Bring a large saucepan of water to the boil over high heat. Add the cabbage leaves and put a heavy ladle on top to keep them submerged. Boil for 4 minutes. Drain, reserving the water.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Reserve 2 Tbsp of the onion. Add the remaining onion to the pan and cook, stirring often, for 10 minutes or until just golden. Stir in the pine nuts and cook until starting to colour. Add the cumin, coriander, cinnamon and rice. Add 450ml of the reserved water and the stock powder. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 15 minutes or until the rice is almost tender and the liquid is absorbed. Stir in the lentils, lemon zest and mint.

3 Preheat oven to 160°C (fan-forced). Put a spoonful of the rice into the centre of a cabbage leaf, roll up and put in a shallow ovenproof casserole dish. Repeat with the remaining rice and leaves. Cover and bake with a lid or foil for 30 minutes until the rice is fully tender.

4 Meanwhile, combine the tahini, lemon juice, garlic and water in a bowl.

5 To make the salad; mix the salad ingredients with the reserved onion. Serve half the rolls with half of the sauce and half of the salad.

LEFTOVERS Pack up the salad, rolls and sauce in separate airtight containers and keep in the fridge for 2-3 days. Reheat the rolls in the microwave until hot.

Nutrition info

PER SERVE 2180kJ (522Cal), **protein** 17g, **total fat** 23g (sat. fat 3g), **carbs** 54g, **fibre** 15g, **sodium** 445mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

SPINACH & BARLEY RISOTTO

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A LIGHT MEAL)

2 tsp olive oil
1 large leek, thinly sliced
2 cloves garlic, chopped
150g (¾ cup) cooked pearl barley, following packet directions, reserving cooking liquid
½ tsp salt-reduced vegetable stock powder
1 tsp finely chopped sage
1 Tbsp thyme leaves
160g cherry tomatoes, halved
160g baby spinach leaves
4 Tbsp grated parmesan

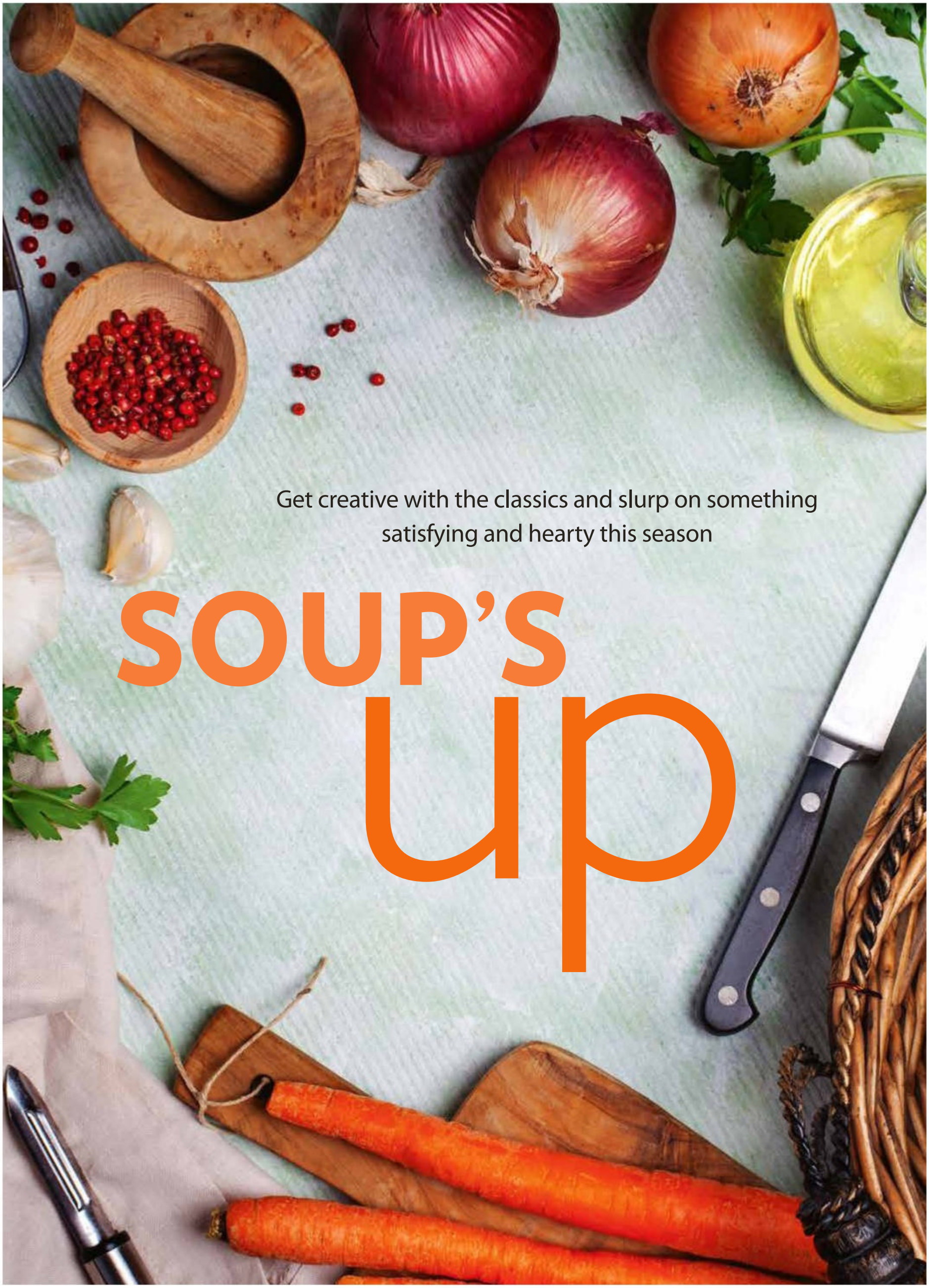
1 Heat the oil in a medium saucepan over medium heat. Add the leek and garlic and cook, stirring often, for 8-10 minutes or until the vegetables soften, adding a splash of water if the mixture starts to stick.

2 Add the barley, 80ml (1/3 cup) reserved cooking water, stock powder, sage and thyme to the pan. Cook, stirring often, for 5 minutes. Add the tomatoes and spinach. Cook, stirring, for 2-3 minutes or until the spinach wilts, adding a splash more of the reserved cooking water if needed.

3 Stir most of the parmesan into the risotto. Divide between serving bowls and sprinkle with the remaining parmesan.

Nutrition info

PER SERVE 1330kJ (318Cal), **protein** 16g, **total fat** 13g (sat. fat 5g), **carbs** 27g, **fibre** 14g, **sodium** 500mg • **Carb exchange**s 2 • **GI estimate** low



Get creative with the classics and slurp on something satisfying and hearty this season

SOUP'S up

Mexican-style prawn soup
Recipe, page 46

How our food works for you
see page 75

LC GFO

SMOKY TOMATO, CHIPOTLE & CHARRED CORN SOUP

PREP 10 MINS **COOK** 35 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, chopped
2 tsp ground coriander
Small bunch coriander, stalks chopped and leaves left whole
400g can no -salt-chopped tomatoes
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
100ml water
1-1½ Tbsp chipotle sauce
2 corn cobs, husk and silk removed
50g reduced-fat feta, crumbled
4 Tbsp fat-free Greek natural yoghurt

1 Heat the oil in a medium heavy-based saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens. Add the garlic, ground coriander and coriander stalks. Cook, stirring, for 1 minute.

2 Stir the tomatoes, stock, water and chipotle sauce into the pan. Cover and bring to a simmer over high heat. Reduce heat to low and cook, covered, stirring occasionally, for 20 minutes.

3 Meanwhile, bring a large saucepan of water to the boil over high heat. Add the corn and cook for 4 minutes. Drain and set aside to cool slightly. Use a sharp knife to cut the kernels off the cob. Heat a medium non-stick frying pan over high heat. Add the corn and cook, stirring often, for 5-7 minutes or until the corn is charred.

3 Ladle the soup into bowls. Top with the feta, yoghurt, charred corn and coriander leaves.

Nutritional info

PER SERVE 865kJ (207Cal), **protein** 10g, **total fat** 9g (sat. fat 3g), **carbs** 19g, **fibre** 6g, **sodium** 568mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF LC

MEXICAN-STYLE PRAWN SOUP

PREP 15 MINS **COOK** 50 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 carrot, finely chopped
1 stalk celery, finely chopped
1 long green chilli, finely chopped
1 red onion, finely chopped
3 cloves garlic, crushed
1 tsp smoked paprika
1 tsp ground cumin
1 tsp dried oregano
1 Tbsp passata
1 orange sweet potato, cut into 2cm cubes
400g can no added salt chopped tomatoes
350ml water
350g raw prawns, peeled and deveined
1 avocado, chopped
½ bunch coriander, leaves torn
1 lime, cut into wedges, to serve

1 Heat oil in a large saucepan over medium heat. Add carrot, celery, chilli and three-quarters of the red onion to the pan. Cook, stirring occasionally, for 10-15 minutes or until the vegetables soften.

2 Add the garlic, paprika, cumin and oregano to the pan. Cook, stirring, for 1 minute. Stir in the passata and cook, stirring, for another minute. Add the sweet potato, canned tomatoes and water. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 25-30 minutes or until the sweet potato is completely tender.

3 Add the prawns to the pan and simmer for a further 5 minutes or until they have turned pink and are cooked through.

4 Divide the soup between serving bowls. Stir the remaining red onion through the avocado and spoon over the soup, with the coriander. Serve with lime wedges.

Nutritional info

PER SERVE 1170kJ (280Cal), **protein** 14g, **total fat** 11g (sat. fat 2g), **carbs** 25g, **fibre** 11g, **sodium** 220mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

LC GFO

BUTTERNUT PUMPKIN & SAGE SOUP

PREP 20 MINS **COOK** 40 MINS
SERVES 8 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 Tbsp light margarine
3 brown onions, chopped
2 Tbsp chopped sage
1.4kg peeled, deseeded and chopped butternut pumpkin
1 Tbsp honey
1½ tsp salt-reduced stock powder or gluten-free stock powder
1.5L (6 cups) boiling water
Freshly ground black pepper
1 bunch chives, snipped, to serve

1 Melt the oil and margarine in a large saucepan or flameproof casserole over medium heat. Add the onion and sage. Cook, stirring occasionally, for 15 minutes or until the onion is very soft.

2 Add the pumpkin to the onion and cook, stirring occasionally, for 5 minutes. Add the honey, stock powder and water. Cover and bring to a boil over high heat. Reduce heat to medium and simmer, partially covered, for 15-20 minutes or until the pumpkin is very tender.

3 Set the soup aside to cool slightly for 5-10 minutes. Use a handheld blender to blend until smooth, alternatively process in a blender. Season with pepper, adding a little more water if the soup is too thick.

4 Return the soup to medium heat. Cook, stirring, for 5 minutes or until warmed through. Divide the soup between serving bowls. Sprinkle with chives and extra pepper. Serve.

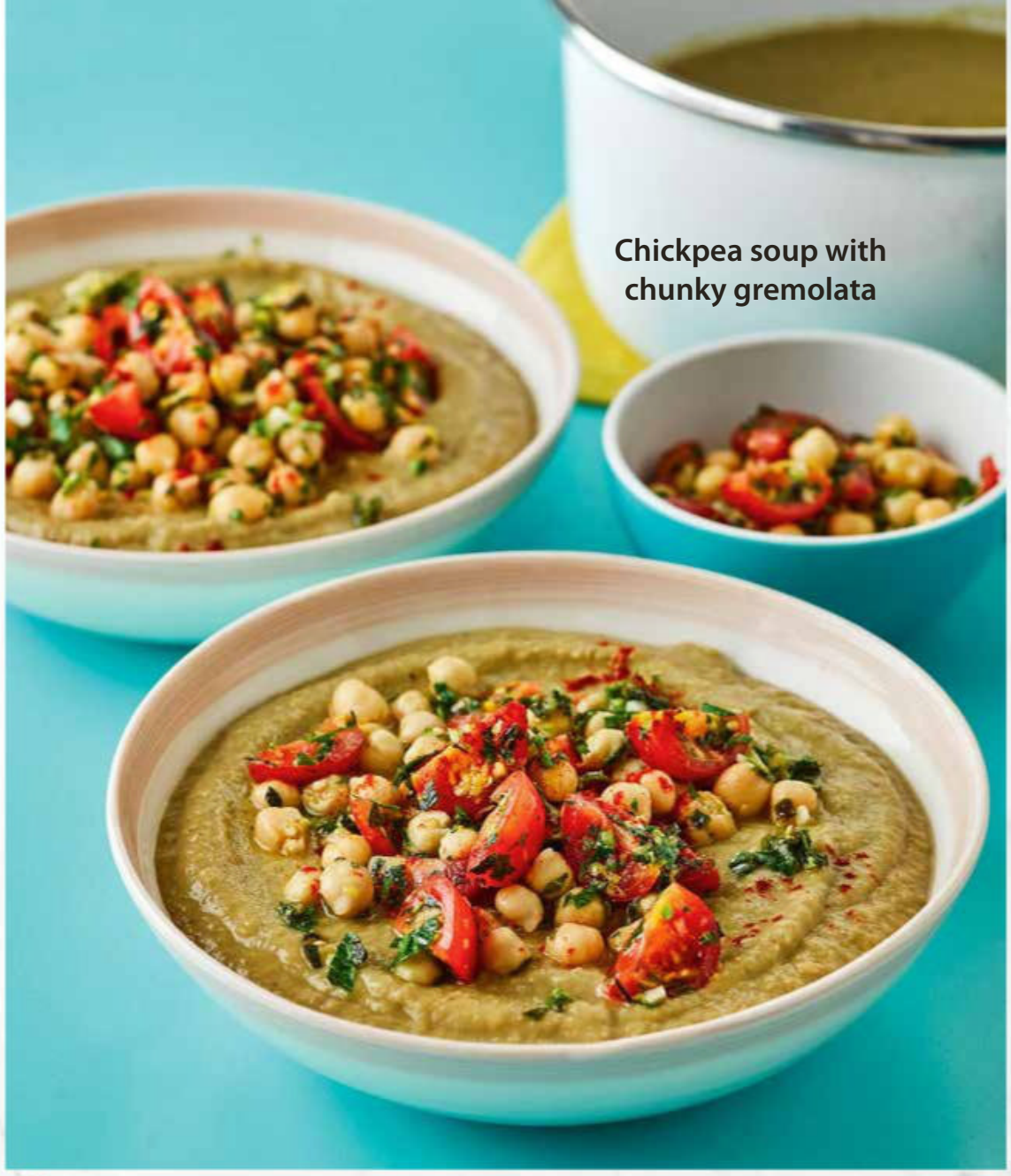
Nutritional info

PER SERVE 617kJ (148Cal), **protein** 5g, **total fat** 5g (sat. fat 1g), **carbs** 19g, **fibre** 6g, **sodium** 113mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Add fragrant sage to bring out the sweetness of the butternut

Butternut pumpkin & sage soup
Recipe, opposite



Chickpea soup with chunky gremolata

GFO

CHICKPEA SOUP WITH CHUNKY GREMOLATA

PREP 15 MINS **COOK** 30 MINS
SERVES 6 (AS A LIGHT MEAL)

2 Tbsp olive oil
3 brown onions, chopped
3 x 420g cans no-added-salt chickpeas, undrained
3 large cloves garlic, finely grated
1 red chilli, deseeded and chopped
2 tsp ground coriander
1 tsp cumin seeds
2 tsp salt-reduced or gluten-free vegetable stock powder
1 eggplant, finely chopped
2 Tbsp tahini
GREMOLATA
2 x 125g cans chickpeas, drained
100g cherry tomatoes, quartered
Zest of 1 lemon
Juice of ½ lemon
Small handful flat-leaf parsley, finely chopped
3 Tbsp chopped mint
Smoked paprika, for serving

1 Heat 1 Tbsp of the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onions soften. Tip the 3 cans of undrained chickpeas into the pan with 2 of the grated cloves garlic, the chilli, coriander, cumin, stock powder, eggplant and 1½ cans of water. Increase heat to high and bring to the boil. Reduce heat to medium-low and cook, covered, for 15-20 minutes or until the eggplant is tender. Remove the pan from the heat and stir in the tahini. Use a handheld stick blender to blend until smooth.

2 Meanwhile, to make gremolata, tip the small cans of chickpeas into a bowl. Add the tomatoes, lemon zest and juice, parsley and mint with the remaining oil and garlic. Stir.

3 Divide the soup between serving bowls. Top with the gremolata and a sprinkling of paprika.

Nutritional info

PER SERVE 1330kJ (318Cal), **protein** 13g, **total fat** 14g (sat. fat 3g), **carbs** 28g, **fibre** 12g, **sodium** 284mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LCO GFO

STAR ANISE & SOY BROTH WITH SEARED STEAK

PREP 10 MINS **COOK** 20 MINS
SERVES 3 (AS A LIGHT MEAL)

4 thin slices ginger, plus 2 tsp finely chopped ginger
4 green shallots
400ml salt-reduced chicken stock or gluten-free stock
200ml water
2 star anise, broken up
1 cinnamon stick
5 cloves
1 tsp brown sugar
Pinch dried chilli flakes
2½ tsp sesame oil
2 tsp rice wine vinegar or sherry vinegar
250g beef sirloin steak, trimmed of fat
Freshly ground black pepper
175g snow peas, trimmed
175g pkt baby corn
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
200g pkt fresh egg noodles or gluten-free noodles, prepared following packet directions

1 Put the sliced ginger, 2 of the green shallots, stock, water, star anise, cinnamon, cloves and sugar in a saucepan. Cook over low heat, stirring, until the sugar dissolves. Cover and bring to a simmer over high heat. Reduce heat to medium-low and cook, covered, for 15

minutes. Pour the liquid through a fine sieve into a bowl. Pour the liquid back into the pan, discarding the solids.

2 Finely chop the remaining green shallots and mix with the finely chopped ginger, dried chilli flakes, 2 tsp sesame oil, the rice vinegar and a splash of water in a small bowl. Set aside.

3 Heat the remaining sesame oil in medium non-stick frying pan over medium-high heat. Season the steak with pepper and add to the pan. Cook for 2 minutes on each side. Transfer to a plate, cover loosely with foil and set aside to rest.

4 Reheat the broth over medium heat. Add the snow peas and baby corn. Cook for 2 minutes or until tender. Stir in the soy sauce and the noodles to heat through. Divide the noodles, vegetables and broth between 2 bowls. Slice the steak across the grain. Top the broth with the steak and the ginger and sesame oil mix.

Nutritional info

PER SERVE 1270kJ (303Cal), **protein** 29g, **total fat** 7g (sat. fat 2g), **carbs** 29g, **fibre** 5g, **sodium** 699mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

Lower Carb Nutritional info

PER SERVE 935kJ (224Cal), **protein** 24g, **total fat** 6g (sat. fat 2g), **carbs** 15g, **fibre** 6g, **sodium** 652mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

LOWER-CARB OPTION

Replace the egg noodles with 200g Chang's Wok Ready Super Lo-Cal Noodles, prepared according to packet instructions.

How our food works for you
see page 74

Cook's Tip

The uncooked pie (up to the end of step 4) will keep frozen, well covered, for up to three months

Nothing spells comfort like these pastry winners

EYES ON THE PIES

LCO

CHICKEN POT PIE

PREP 20 MINS **COOK** 1 HOUR 15 MINS
SERVES 6 (AS A MAIN)

600g skinless chicken thigh fillets, trimmed of fat
Freshly ground black pepper
1 Tbsp olive oil
100g lean eye bacon, trimmed of fat, finely chopped
2 leeks, sliced
3 Tbsp plain flour
100ml white wine
200ml salt-reduced chicken stock
200g light sour cream
100g frozen peas
1½ Tbsp Dijon mustard
1 bunch tarragon, chopped
1 x 60g egg, whisked
1½ sheets 25% reduced-fat puff pastry, thawed
400g Zerella Baby Spud Lite potatoes, steamed, to serve
400g mixed greens, steamed, to serve

1 Season the chicken thighs with pepper. Heat the oil in a large heavy based saucepan over medium-high heat. Add the chicken and cook for 3-4 minutes each side or until lightly golden. Transfer to a plate. Add the bacon to the pan and cook, stirring occasionally, for 5 minutes or until golden. Stir in the leeks and cook, stirring occasionally, for a further 5 minutes.

2 Sprinkle the flour over the leeks and bacon and stir until combined. Add the wine and simmer for 2 minutes. Add the stock and stir well. Slice the chicken and return to the pan (don't worry if it's not fully cooked through at this point, it will finish cooking in the oven).

3 Stir the sour cream, peas, 1 Tbsp mustard and the tarragon into the pan. Simmer for 2-3 minutes until the mixture is thick and saucy. Add a splash more stock or water if it seems too thick. Remove the pie filling from the heat. Whisk the remaining ½ Tbsp mustard with the egg in a bowl.

4 Preheat oven to 180°C (fan-forced). Spoon the filling into an ovenproof dish with a lip and use some of the egg mix to brush the sides of the dish. Use the 1½ sheets of pastry, trimming to fit, to cover the top of the pie dish (pushing the edges of the pieces together to join) and crimp the edges against the sides of the dish. Cut away any excess pastry with a knife.

5 Brush the remaining egg glaze over the top of the pie and make a small steam hole in the middle. Bake for 40 minutes or until the pastry is golden and puffed. Serve the pie with the steamed potatoes and greens.

Nutrition info

PER SERVE 2060kJ (494Cal), **protein** 33g, **total fat** 22g (sat. fat 9g), **carbs** 34g, **fibre** 8g, **sodium** 703mg • **Carb exchanges** 2½ • **GI estimate** low

Lower-carb option:

Use one sheet of pastry and roll out thinner to fit your dish and replace potatoes with 500g cauliflower florets, steamed to serve.

Nutrition info

PER SERVE 1830kJ (439Cal), **protein** 33g, **total fat** 21g (sat. fat 8g), **carbs** 25g, **fibre** 7g, **sodium** 685mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Kofte Shepherd's pie
Recipe, page 55

BOMBAY POTATO & SPINACH PIE

PREP 40 MINS **COOK** 35 MINS
SERVES 4 (AS A LIGHT MEAL)

6 sheets filo pastry
25g light margarine, melted
½ tsp black mustard seeds
4 Tbsp mango chutney, to serve
FILLING
600g Zerella Spud Lite potatoes, unpeeled, halved
40g light margarine
1 brown onion, chopped
2 tsp cumin seeds
2 tsp black mustard seeds
1 Tbsp finely chopped ginger
1 red chilli, halved, deseeded and sliced
1½ Tbsp korma paste
200g baby spinach leaves
2 tomatoes, chopped
½ bunch coriander, chopped

1 Preheat oven to 170°C (fan-forced). To make the filling, bring a large saucepan of water to the boil. Add the potatoes and cook for 15 minutes or until tender.

2 Meanwhile melt the margarine in a medium non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for 6-7 minutes or until the onions soften. Add the cumin, mustard seeds, ginger and chilli to the pan. Cook, stirring occasionally, for 7 minutes or until soft. Stir in the curry paste. Cook, stirring, for 1 minute.

3 Place the spinach in a shallow microwave-safe dish. Add 1-2 Tbsp water. Cover and cook on High/100% for 3-4 minutes or until the spinach wilts. Drain and squeeze out as much liquid as you can. Chop the spinach. Drain the potatoes and tip them into the spice mixture. Crush lightly to break them up into chunks rather than mash. Toss the potato in the spice mixture. Add the spinach, tomatoes and coriander. Toss to combine.

4 Carefully unroll the pastry and brush a 20cm loose-bottomed sandwich tin with some margarine. Brush the first sheet of pastry and lay it in and across the tin so that it hangs over the side. Repeat with brushing and layering the remaining sheets of pastry so that the tin is completely covered, overlapping where necessary.

5 Spoon the filling into the tin and fold up the pastry that is overhanging so that it covers the filling. Brush generously with the remaining margarine and sprinkle with seeds. Bake for 35 minutes or until golden and crisp. Serve with the mango chutney.

Nutrition info

PER SERVE 1390kJ (331Cal), **protein** 8g, **total fat** 11g (sat. fat 4g), **carbs** 45g, **fibre** 8g, **sodium** 612mg • **Carb exchanges** 3 • **GI estimate** medium

Salmon & silverbeet pie
Recipe, opposite

LC

SALMON & SILVERBEET PIE

PREP 15 MINS **COOK** 40 MINS
SERVES 6 (AS A MAIN)

75g light margarine
400g silverbeet, stems and leaves separated, chopped
1 clove garlic, crushed
100g crème fraiche
500g skinless and boneless salmon fillet, cut into 3cm pieces
4 sheets filo pastry
2 large carrots, sliced, steamed, to serve
250g green beans, trimmed, steamed, to serve
500g broccoli, steamed, to serve

1 Heat 20g of the margarine in a large non-stick frying pan over medium-high heat. Add the silverbeet stems and season with pepper. Cook, stirring often, for 8-10 minutes or until the stems are tender. Add the leaves and garlic. Reduce heat to medium and cook, stirring occasionally, for 4-5 minutes or until the leaves wilt and are tender. Stir in the crème fraiche and salmon. Transfer to a shallow ovenproof dish and set aside to cool.

2 Preheat oven to 180°C (fan-forced). Melt the remaining margarine in a small saucepan.

3 Brush the melted margarine on three sheets of filo and use to line a 20cm springform tin, overlapping to fit. Tip the salmon filling into the middle and spread out evenly. Fold over the filo then brush the last sheet of filo with the margarine and scrunch up over the top. Bake for 20-25 minutes or until deep golden and crisp. Cut into wedges. Serve with the steamed vegetables.

Nutrition info

PER SERVE 1490kJ (357Cal), **protein** 25g, **total fat** 22g (sat. fat 10g), **carbs** 12g, **fibre** 8g, **sodium** 326mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

GFO LC

KOFTE SHEPHERD'S PIE

PREP 20 MINS **COOK** 1 HOUR 35 MINS
SERVES 6 (AS A MAIN)

1kg Zerella Spud Lite potatoes, unpeeled
50g light margarine
2 Tbsp skim milk
Freshly ground black pepper
500g lean lamb mince
Small bunch flat-leaf parsley, finely chopped
2 cloves garlic, crushed
1 tsp ground turmeric
2 brown onions, 1 grated, 1 finely chopped
1 Tbsp olive oil
1 tsp cumin seeds
1 large carrot, finely chopped
2 tsp plain flour or gluten-free flour
1-2 tsp harissa paste or gluten-free harissa paste
2 Tbsp salt-reduced gravy powder or gluten-free gravy powder
500ml (2 cups) boiling water
400g broccoli florets, steamed, to serve

1 Put the potatoes in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 30-35 minutes or until cooked through. Drain and set aside to cool slightly. Once cool enough to handle, peel the potatoes, discarding the skins. Return to the pan and add the margarine. Use a potato masher to mash until almost smooth. Add the milk and season with pepper. Use a wooden spoon to beat until smooth.

2 Put the lamb, parsley, garlic and turmeric in a large bowl. Drain off any excess moisture from the grated onion and add it to the bowl. Season with pepper. Using clean hands, combine the mixture, working the meat until it's broken down and all the onion and seasoning are evenly combined. Roll the mixture into 40 tiny meatballs, each about 2-3cm wide.

3 Preheat oven to 180°C (fan-forced). Heat the oil in a large non-stick frying pan over medium heat. Add the meatballs and cook, turning often, for 3-4 minutes or until browned all over. Cook in batches if necessary. Transfer to a large ovenproof dish.

4 Add the chopped onion to the same frying pan and cook, stirring often, for 6-7 minutes over medium heat until the onion begins to soften. Add the cumin seeds and carrot. Cook, stirring occasionally, for 10-15 minutes or until the mixture starts to caramelise. Add 1-2 Tbsp of just-boiled water to the pan to deglaze it. Stir in the flour and mix well. Add the harissa and stir again. Dissolve the gravy powder in the boiling water, then add it to the pan and stir for 1-2 minutes or until the mixture comes to the boil and thickens slightly.

5 Pour the onion mixture over the meatballs. Spoon over the mash. Use a fork to spread over until evenly covered. Bake for 30 minutes or until golden and crisp on top. Serve with steamed broccoli.

Nutrition info

PER SERVE 1400kJ (334Cal), **protein** 25g, **total fat** 13g (sat. fat 4g), **carbs** 24g, **fibre** 8g, **sodium** 423mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

RECIPES AND PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LC

CURRIED CHICKEN PIE

PREP 20 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

2 Tbsp olive oil
500g skinless chicken breast fillets, trimmed of fat, cut into chunks
Freshly ground black pepper
4 green shallots, sliced
3 cloves garlic, grated
4cm piece ginger, grated
2 tsp mild curry powder
1 large head broccoli, cut into florets, top of stalk thinly sliced
1 tsp salt-reduced soy sauce
250ml (1 cup) light coconut milk, plus 2 Tbsp, extra
250ml (1 cup) salt-reduced chicken stock
1 heaped tsp cornflour mixed with 1 Tbsp hot water
100g kale, roughly chopped
4 sheets filo pastry
2 tsp nigella seeds

1 Preheat oven to 200°C (fan-forced). Pour 1 Tbsp oil into a flameproof casserole dish over medium heat. Add the chicken and season with pepper. Cook, turning occasionally, for 4-5 minutes or until lightly browned. Use tongs to transfer the chicken to a plate and set aside.

2 Pour another 2 tsp oil into the casserole dish and heat over medium heat. Add the green shallots and cook, stirring, for 2 minutes. Add the garlic, ginger and curry powder. Cook, stirring, for 1 minute. Return the chicken to the pan with the broccoli, soy sauce, coconut milk, chicken stock and cornflour mixture. Bring to the boil. Stir in the kale. Once the kale has wilted, remove the dish from the heat.

3 Mix the remaining oil with the extra 2 Tbsp coconut milk. Brush each sheet of pastry lightly with the oil mixture, then scrunch up and sit on top of the pie mixture. Scatter over the nigella seeds. Bake for 12 minutes or until the pastry is a deep golden brown. Set aside to rest for a few minutes before serving.

Nutrition info

PER SERVE 1550kJ (370Cal), **protein** 36g, **total fat** 18g (sat. fat 7g), **carbs** 12g, **fibre** 7g, **sodium** 388mg • **Carb exchanges** 1 • **GI estimate low** • **Lower carb**

How our food works for you
see page 74

Smokey pork and beans
Recipe, page 60

cook's tip

To make mashed potato, steam or boil 1kg chopped potatoes. Mash with 1 Tbsp light margarine and 80ml (1/3 cup) warmed skim milk. Season with pepper.

Beef with red wine gravy
Recipe, page 60

FAST PREP, SLOW COOK

Easy to prepare and slow to finish means less time in the kitchen and meltingly delicious meals on your plate

GFO LC

BEEF WITH RED WINE GRAVY

PREP 20 MINS (+ 1 HOUR OR OVERNIGHT MARINATING)
COOK 6 HOURS **SERVES** 8 (AS A MAIN)

1 Tbsp black peppercorns
1 Tbsp mustard powder
2 Tbsp chopped rosemary
1 tsp celery seeds
15g dried porcini mushrooms
3 Tbsp olive oil
1.6kg piece beef topside, trimmed of fat, cut into 12 slices
600ml hot salt-reduced beef stock or gluten-free stock
1 large carrot, roughly chopped
1 large brown onion, roughly chopped
2 stalks celery, roughly chopped
2 Tbsp tomato purée
200ml red wine
Freshly ground black pepper
1 Tbsp cornflour or gluten-free cornflour (optional)
Mashed potato, to serve (see Cook's tip)
1 bunch silverbeet, trimmed, steamed, to serve

1 Put the peppercorns, mustard powder, rosemary and celery seeds in a mortar. Use the pestle to crush the mixture. Place the mushrooms in a small food processor and process until a fine powder.

2 Put the mushroom powder in a small bowl. Stir in 2 Tbsp of the oil and rub the mixture all over the beef. Cover and put in the fridge for at least 1 hour (but overnight is best).

3 Turn a slow cooker onto high and pour in the stock. Heat the remaining oil a large non-stick frying pan over medium-high heat. Add the beef to the pan and cook, turning occasionally, for 3-4 minutes or until the beef is browned all over. Add the beef to the slow cooker.

3 Add the carrot, onion and celery to the frying pan and cook over medium-high heat for 10 minutes or until the vegetables soften. Stir in the tomato puree and wine, scraping any bits off the base of the pan. Pour the mixture into the slow cooker over the beef.

4 Reduce the temperature on the slow cooker to low and cook the beef for 6 hours. Strain the liquid into a saucepan. Keep the meat and vegetables covered with foil so they stay warm. Bring the liquid to the boil over medium-high heat. Simmer until the liquid has reduced by a third. Season with pepper. For a thicker gravy, mix the cornflour with 2 Tbsp water and whisk into the boiling liquid. Serve the beef with the gravy, mash and steamed silverbeet.

Nutritional info

PER SERVE 1780kJ (426Cal), **protein** 45g, **total fat** 19g (sat. fat 5g), **carbs** 20g, **fibre** 6g, **sodium** 506mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

LC GFO

PULLED CHICKEN BURGERS

PREP 15 MINS **COOK** 6-8 HOURS
SERVES 10 (AS A MAIN MEAL)

2 Tbsp olive oil
10 small boneless, skinless chicken thigh fillets, trimmed of fat
2 red onions, halved and sliced
2 cloves garlic, crushed
2 tsp ground paprika
100ml water
2 Tbsp chipotle sauce
250ml (1 cup) passata
100ml reduced salt and sugar barbecue sauce or gluten-free sauce
1 Tbsp brown sugar
Juice of 1 lime
Freshly ground black pepper
10 wholemeal burger buns or gluten-free buns, to serve
Handful coriander leaves, to serve
Sliced green long chilli, to serve
GUACAMOLE
2 small avocado, mashed until smooth
2 Tbsp fresh lime juice

1 Turn slow cooker onto low. Heat 1 Tbsp oil in a large non-stick frying pan over medium-high heat. Add the chicken to the pan, in batches, cook for 2-3 minutes turning occasionally, until browned. Transfer to the slow cooker.

2 Add the remaining oil to the pan and heat over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the garlic and paprika. Cook, stirring, for 1 minute. Pour into the slow cooker. Add the water to the pan and swirl around to loosen any tasty bits. Pour into the slow cooker.

3 Add the chipotle sauce, passata, barbecue sauce, sugar and lime juice to the slow cooker. Season with pepper. Stir. Cover and cook for 6-8 hours or until the chicken is really tender.

4 To make the guacamole, combine the ingredients in a small bowl. Season with pepper.

5 Using two forks, shred the chicken through the sauce. Divide the chicken between the base of the rolls. Top each with a little guacamole, coriander leaves and sliced chilli. Place tops on and serve.

Nutritional info

PER SERVE 1820kJ (435Cal), **protein** 31g, **total fat** 15g (sat. fat 3g), **carbs** 40g, **fibre** 8g, **sodium** 615mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

Pulled chicken burgers

Recipe, page 62

cook's tip

The chicken can also be used as a filling with taco shells or served with potatoes or rice.

GF LCO

SMOKEY PORK & BEANS

PREP 15 MINS **COOK** 3 HOURS 15 MINS **SERVES** 6 (AS A MAIN)

2 Tbsp olive oil
500g pork shoulder, trimmed of all fat, cut into 3cm cubes
Freshly ground black pepper
1 brown onion, finely chopped
1 green capsicum, finely chopped
3 cloves garlic, finely chopped
1 Tbsp smoked paprika
¼-½ tsp chilli powder
1 Tbsp tomato purée
400g can no-added-salt chopped tomatoes
250ml (1 cup) water
2 x 400g cans no-added-salt 4 bean mix, rinsed and drained
2 x 250g pkts Sunrice Brown Rice & Quinoa, heated following pkt directions
3 Tbsp light sour cream
½ cup chopped flat-leaf parlsey

1 Heat half the oil in a large flameproof casserole dish over medium-high heat. Season the pork with pepper and cook, in batches, turning often, for 3-4 minutes or until browned. Use a slotted spoon to transfer to a plate.

2 Add the remaining oil to the casserole dish and heat over medium. Add the onion, capsicum and garlic. Cook, stirring occasionally, for 10 minutes or until the vegetables are soft. Add the paprika, chilli and tomato puree to the dish. Cook, stirring, for 1 minute. Pour in the tomatoes and water. Stir. Return the pork to the pan.

3 Increase heat to high, cover and bring to the boil. Reduce heat to low and cook, covered, stirring occasionally, for 2 hours. Add the beans to the dish. Cover and cook for a further 30 minutes or until the pork is very tender.

4 Divide the grains between serving bowls. Spoon over the pork and beans. Spoon over the sour cream. Sprinkle with a little parsley and serve.

Nutritional info

PER SERVE 1850kJ (443Cal), **protein** 28g, **total fat** 14g (sat. fat 4g), **carbs** 46g, **fibre** 11g, **sodium** 94mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**
LOWER-CARB OPTION: Omit the brown rice & quinoa, instead serve each portion on 1 cup warm cauliflower rice.
PER SERVE 1370kJ (328Cal), **protein** 26g, **total fat** 12g (sat. fat 3g), **carbs** 24g, **fibre** 10g, **sodium** 121mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

VEGETABLE STEW WITH CHEESE DUMPLINGS

PREP 20 MINS **COOK** 6 HOURS **SERVES** 6 (AS A MAIN)

2 Tbsp olive oil
200g Dutch (baby) carrots, scrubbed, trimmed and halved if large
3 leeks, trimmed, cut into thick slices
3 cloves garlic, crushed
3 Tbsp plain flour
400ml salt-reduced vegetable stock
2 zucchini, cut into large chunks
2 x 425g cans no-added-salt cannellini beans, drained and rinsed
1 bay leaf
4 sprigs thyme, rosemary or tarragon
150ml crème fraîche
1 Tbsp wholegrain mustard
200g broad beans or peas
200g baby spinach leaves
Finely chopped flat-leaf parsley, to serve

DUMPLINGS
100g (2/3 cup) self-raising flour
50g light margarine
100g grated reduced-fat vintage cheddar
½ bunch flat-leaf parsley, finely chopped
Freshly ground black pepper
3-4 Tbsp cold water

1 Turn the slow cooker onto low. Heat 1 Tbsp of the oil in a large non-stick frying pan over medium heat. Add the carrots and cook, tossing often, for 5 minutes or until just golden. Transfer to the slow cooker.

2 Heat remaining oil in same pan over medium heat. Add leeks and cook, stirring often, for 5 minutes or until softened. Add the garlic and stir in the flour. Gradually add the stock, stirring, until the flour has dissolved and there are no lumps. Bring to the boil, then tip into the slow cooker. Add the zucchini, beans and thyme, topping up with water to cover the vegetables, if needed. Cover and cook for 4 hours.

3 To make the dumplings, put the flour into a bowl and use your fingertips to rub in the margarine until evenly distributed. Add the cheese, parsley and freshly ground black pepper. Use clean hands to mix in 3-4 Tbsp cold water to make a soft, slightly sticky dough (add a little more water if needed). Divide into six and roll into balls.

4 Add the crème fraîche, mustard, broad beans or peas and spinach to the slow cooker and turn it up to high. Arrange the dumplings over the stew, cover and cook for 1-2 hours more or until the dumplings are firm and doubled in size. Scatter with the parsley and serve.

Nutritional info

PER SERVE 1900kJ (455Cal), **protein** 18g, **total fat** 24g (sat. fat 11g), **carbs** 35g, **fibre** 13g, **sodium** 600mg • **Carb exchanges** 2½ • **GI estimate** medium

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

cook's tip

Will keep for up to three days in the fridge or in the freezer for up to three months.

How our food works for you
see page 83

Make everyone's favourite root vegetable more than just a side, make it a standout!

know your roots

LC GF V

SWEET & SPICY ROASTED CARROTS

PREP 10 MINS **COOK** 40 MINS
SERVES 4 (AS A SIDE)

2 bunches baby (Dutch) carrots, scrubbed, unpeeled, halved lengthways if large
2 Tbsp brown sugar
5 tsp light margarine, melted
¼ tsp ground cinnamon
Pinch ground cloves
Pinch cayenne pepper
2 Tbsp chopped toasted pecans (*see Cook's tip*)

1 Preheat oven to 200°C (fan-forced). Line a shallow ovenproof dish with baking paper.

2 Arrange the carrots in an even layer over the lined dish. Cover with foil. Roast for 30 minutes.

3 Meanwhile, combine the brown sugar, margarine, cinnamon, cloves and cayenne in a small bowl.

4 Spoon the glaze mixture over the carrots and stir to coat well. Roast, uncovered, for 10 minutes or until the carrots are tender and glazed. Top with the pecans.

Cook's Tip

To toast the pecans, spread out in a single layer over a baking tray. Cook for 7-8 minutes or until the pecans are aromatic and lightly toasted.

Nutrition info

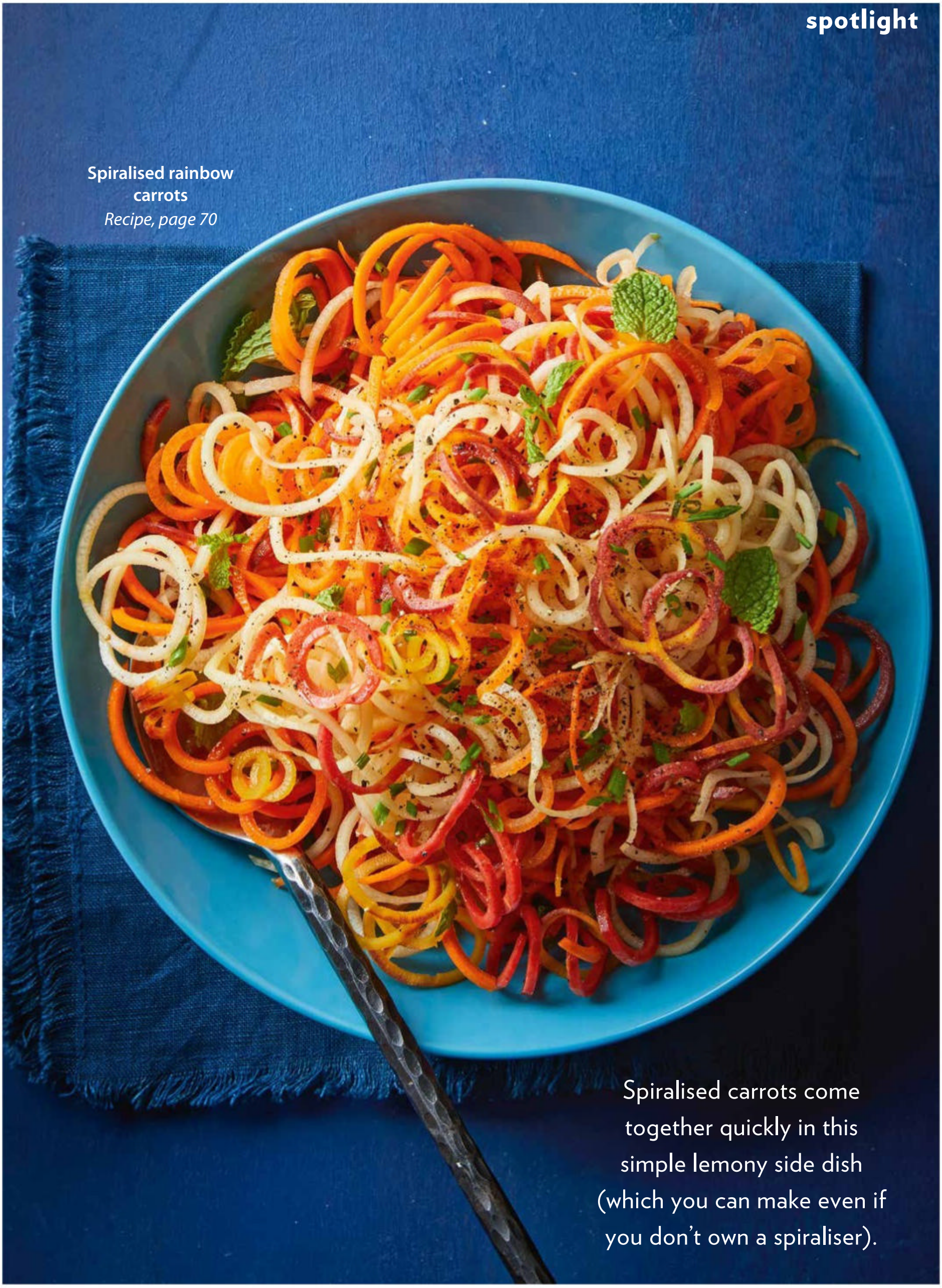
PER SERVE 417kJ (100Cal), **protein** 1g, **total fat** 6g (sat. fat 1g), **carbs** 10g, **fibre** 3g, **sodium** 62mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Thinly shaved red and yellow carrots stand in for wide rice noodles in this Thai-inspired low-carb ‘noodle’ dish.

Peanut coconut shaved carrot noodles

Recipe, page 69

Spiralised rainbow carrots
Recipe, page 70



Spiralised carrots come together quickly in this simple lemony side dish (which you can make even if you don't own a spiraliser).

Sour cream-chive mashed carrots & parsnips

Recipe, page 69

LC GF V

PEANUT COCONUT SHAVED CARROT NOODLES

PREP 10 MINS **COOK** 10 MINS
SERVES 8 (AS A SIDE)

6 large carrots
¼ cup finely chopped eschalots or red onion
2 Tbsp finely chopped ginger
80ml (1/3 cup) light coconut milk
2 Tbsp no added salt and sugar smooth peanut butter
1 Tbsp fresh lime juice
2 Tbsp chopped unsalted peanuts
2 Tbsp chopped coriander

1 Use a vegetable peeler to peel the carrots into long thin ribbons. Spray a large non-stick frying pan with cooking spray and heat over medium heat. Add the carrots and cook, stirring constantly, for 2-3 minutes or until tender-crisp and just starting to brown. Transfer to a shallow serving dish.

2 Coat the pan with more cooking spray. Add the eshalots and ginger and cook, stirring, over medium heat for 1 minute. Reduce heat to low. Add the coconut milk, peanut butter and lime juice. Whisk until well combined and warmed through.

3 Return the carrots to the pan and cook, tossing with tongs, for 1-2 minutes or until just heated through. If needed, add a little water to thin out the sauce and help it coat the carrots. Transfer the mixture back to the serving dish. Sprinkle with the peanuts and coriander.

Nutrition info

PER SERVE 461kJ (110Cal), **protein** 3g, **total fat** 5g (sat. fat 1g), **carbs** 10g, **fibre** 5g, **sodium** 66mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF V

SOUR CREAM-CHIVE MASHED CARROTS & PARSNIPS

PREP 10 MINS **COOK** 35 MINS
SERVES 6 (AS A SIDE)

8 carrots, cut into 2.5cm pieces
2 parsnips, cut into 2.5cm pieces
80g (1/3 cup) light sour cream
3 Tbsp chopped chives
2 Tbsp skim milk
2 Tbsp light margarine
Freshly ground black pepper

1 Place the carrots and parsnips in a large saucepan. Add water to cover and bring to a boil over high heat. Reduce heat to medium and cook, partially covered, for 25-30 minutes or until very tender. Drain well and return to the pan.

2 Use a potato masher to mash the carrots and parsnips until smooth (see Cook's tip, opposite). Add the sour cream, 2 Tbsp chives, milk, margarine and pepper. Cook, stirring, over medium-low heat for 3-4 minutes or until heated through. Transfer to a serving bowl. Sprinkle with the remaining chives.

Nutrition info

PER SERVE 535kJ (128Cal), **protein** 3g, **total fat** 5g (sat. fat 3g), **carbs** 15g, **fibre** 7g, **sodium** 118mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

LC GF V

SPIRALISED RAINBOW CARROTS

PREP 10 MINS **SERVES** 6 (AS A SIDE)

2 Tbsp fresh lemon juice
2 Tbsp olive oil
1 Tbsp chopped chives
Freshly ground black pepper
6 large mixed-colour carrots, halved crossways
2 Tbsp chopped mint

1 Whisk the lemon juice, oil, chives and pepper in a large bowl.

2 Use a spiraliser to cut the carrots into long thin strands (see Cook's tip).

3 Add the carrot strands to the large bowl with the dressing and toss to coat. Serve immediately or cover and keep in the fridge for up to 4 hours. Toss the mint through just before serving.

Nutrition info

PER SERVE 488kJ (117Cal), **protein** 1g, **total fat** 6g (sat. fat 1g), **carbs** 11g, **fibre** 6g, **sodium** 83mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Cook's Tip

If you don't have a spiraliser, you can also use a julienne vegetable peeler to create the carrot strands.

PARMESAN CARROT CRISPS

PREP 10 MINS **COOK** 50 MINS
SERVES 9 (AS A SNACK)

240g (1½ cups) wholemeal plain flour
125g (1 cup) finely shredded parmesan
¾ cup finely shredded carrot
2 Tbsp chopped thyme or 2 tsp dried thyme leaves
1 tsp baking powder
80g light margarine
60ml (¼ cup) water
Pinch ground pepper
2 Tbsp St Dalfour Apricot Spread

1 Preheat oven to 140°C (fan-forced). Line 1 large baking tray with baking paper.

2 Combine the flour, parmesan, carrot, thyme and baking powder in a large bowl. Stir with a fork until well combined. Use your fingertips to rub the margarine into the flour mixture until it resembles coarse crumbs and starts to stick together. Add the water and stir with fork just until combined. Gather the dough into a ball and shape into a square.

3 Place the dough between sheets of baking paper and roll out to a 25 x 25cm square about 3mm-thick. (If necessary, remove the top sheet of baking paper and use your hands to reshape the dough into a square.) Transfer to the lined baking tray. Cut the dough into 18 long rectangles about 2.5cm x 12.5cm (see Cook's tip, opposite). Separate the rectangles and sprinkle them lightly with pepper.

4 Bake the crisps for 40-50 minutes or until the centres are firm to the touch and edges are evenly browned. Cool on the tray on a wire rack for about 5 minutes. Separate the crisps and transfer to the rack to cool completely.

5 Serve the crisps with apricot spread.

Nutrition info

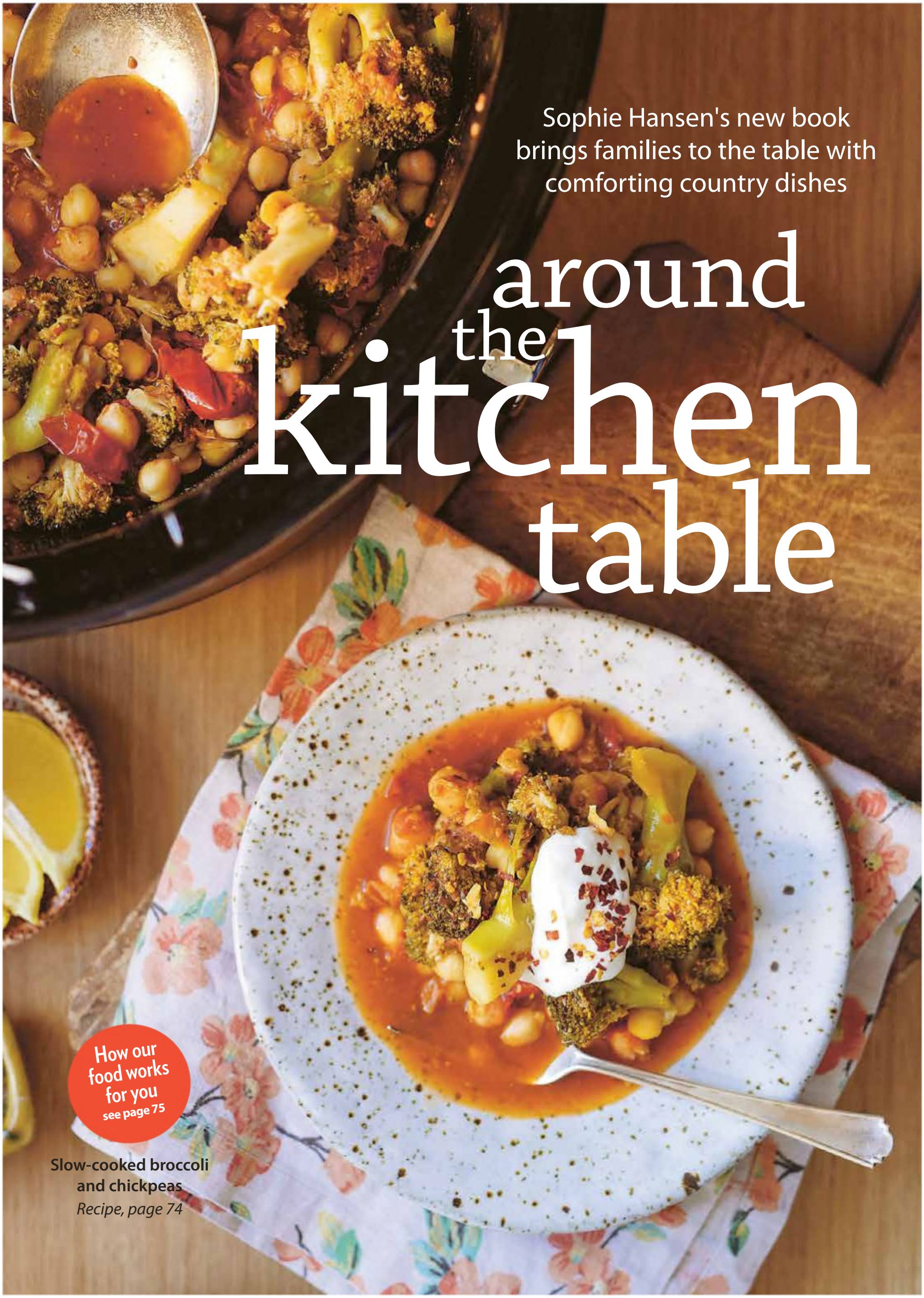
PER SERVE (2 crisps) 824kJ (197Cal), **protein** 8g, **total fat** 8g (sat. fat 4g), **carbs** 20g, **fibre** 4g, **sodium** 257mg • **Carb exchanges** 1½ • **GI estimate** high

RECIPES LAURA MARZEN, RD, LD PHOTOS BLAINE MOATS
STYLING JENNIFER PETERSON & TARI COLBY

Cook's Tip
Store in an airtight container or resealable bag for up to 24 hours. When cutting dough into rectangles, use a pastry cutter with a crimped wheel to create a textured edge.

Sophie Hansen's new book brings families to the table with comforting country dishes

around the kitchen table



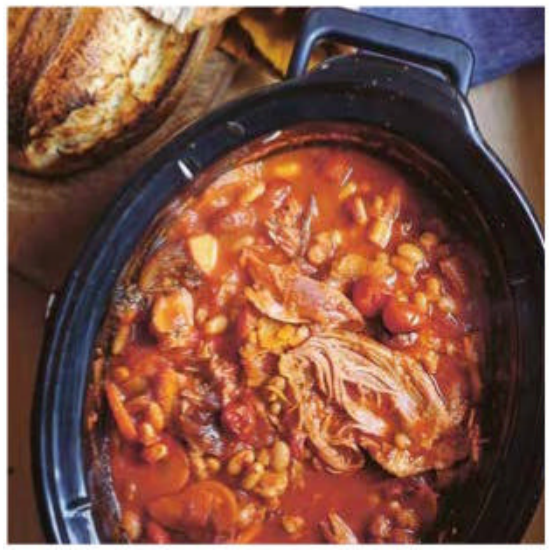
How our food works for you
see page 75

Slow-cooked broccoli and chickpeas
Recipe, page 74

Slow-cooked beans with ham hock
Recipe, page 74

Cook's Tip

You can use 2–3 x 400g tins of white beans instead of dried beans. They won't need soaking or pre-cooking – simply drain and rinse them, then add them to the slow cooker with the ham hock.



SLOW-COOKED BEANS WITH HAM HOCK

PREP TIME: 20 MINS, PLUS OVERNIGHT SOAKING **COOK** TIME: 6¼ HOURS **SERVES** 6

2½ cups (500 g) dried white beans, soaked overnight in cold water
1 smoked ham hock
2 brown onions, diced
3 carrots, peeled and sliced into 1 cm (½ inch) rounds
2 thyme sprigs
400 g tin cherry tomatoes
2 cups (500 ml) tomato passata (puréed tomatoes)
2 Tbsp red wine vinegar
1 Tbsp dark brown sugar
1 Tbsp dijon mustard
1 Tbsp pomegranate molasses (optional)

1 Drain the beans and place them in a large saucepan of water. Bring to the boil over high heat, then reduce the heat and simmer for about 1 hour or until the beans are tender and cooked through.

2 Turn a slow cooker to high. Drain the beans and tip them into the slow cooker.

3 Put the ham hock in a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 10 minutes. Remove the ham hock and place it on top of the beans in the slow cooker.

4 Add the onion, carrot, thyme, tomatoes and passata. Pour in 1 cup (250 ml) water, or enough to just cover the beans and ham hock. Gently stir in the vinegar, brown sugar, mustard and pomegranate molasses, if using. Cover and cook on low for 5 hours (or for up to 7 hours if that suits you – perhaps add a little more liquid towards the end as those beans can get thirsty!).

5 Remove the ham hock and shred the meat from the bone, then return the meat to the beans and gently stir.

Nutritional info

AS A LIGHT MEAL PER SERVE
890kJ (213Cal), **protein** 14g, **total fat** 3g (sat. fat 1g), **carbs** 27g, **fibre** 11g, **sodium** 990mg • **Carb exchanges** 2 • **GI estimate** low

cook's tip

SERVING SUGGESTIONS
Pile the beans on top of baked jacket potatoes and finish with a little plain yoghurt and chopped parsley.

Divide the beans among small ovenproof plates, make a dent in each, crack in an egg, dot with feta and parmesan cheese and parsley, then cook in a hot oven for 15–20 minutes or until the eggs are just cooked through.

Thin out the beans with stock and serve them as a stew or soup.

Use the beans as a jaffle or toasted sandwich filling.

SLOW-COOKED BROCCOLI AND CHICKPEAS

PREP TIME: 15 MINS **COOK TIME:** 3–4 HOURS **SERVES** 4–6

1 large broccoli head
2 x 400 g tins chickpeas, drained
3 anchovy fillets, drained
3 garlic cloves, finely chopped
Grated zest and juice of 1 lemon
400 g tin cherry tomatoes
1 Tbsp harissa, or to taste
¼ cup (60ml) extra virgin olive oil
1½ cups (375ml) vegetable stock
Plain yoghurt, to serve
Chilli flakes to serve (optional)

1 Turn a slow cooker to high. Trim the broccoli and cut it into large florets with long stems, then place it in the slow cooker.

2 Add the chickpeas, anchovies, garlic, lemon zest, cherry tomatoes, harissa, olive oil and stock. Season with plenty of freshly ground black pepper and very little salt (the anchovies will pack a fairly salty punch). Cover and cook on low for 3–4 hours. You can turn the slow cooker to 'keep warm' for a few more hours if that suits you.

3 Add the lemon juice, to taste, and serve with a dollop of yoghurt and perhaps some chilli flakes or chilli oil.

HEALTH TIP: To make this recipe gluten free, use gluten free vegetable stock and gluten free harissa.

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Nutritional info

PER SERVE 1660kJ (398Cal), **protein** 22g, **total fat** 19g (sat. fat 3g), **carbs** 23g, **fibre** 18g, **sodium** 874mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

BAKED SEMOLINA GNOCCHI

PREP TIME: 20 MINS, PLUS 30 MINS CHILLING **COOK TIME:** 30 MINS
SERVES 4

2 eggs, lightly whisked
1 cup (180g) semolina
2 cups (500ml) full-cream milk
1 cup (100g) grated parmesan cheese
¼ tsp freshly grated nutmeg
¼ cup (60g) butter, cut into cubes, plus extra for greasing
1/3 cup (80ml) single (pure) cream

1 Combine the eggs and semolina in a saucepan and whisk well. Whisk in the milk, half the parmesan and the nutmeg. Cook over medium heat, stirring constantly, for about 5 minutes or until the mixture thickens to a porridge consistency and comes away from the side of the pan. Remove from the heat and set aside to cool for about 5 minutes.

2 Turn the semolina mixture out onto a work surface and divide it in half. Using damp hands, roll each half into a long sausage shape. Wrap each log in plastic wrap and place in the fridge to chill for 30 minutes.

3 Preheat the oven to 220°C. Butter a shallow ovenproof dish. Unwrap the semolina logs and slice them into 1 cm-thick rounds. Arrange the rounds in the buttered dish, overlapping them. Dot the butter over the gnocchi, drizzle with the cream and sprinkle with the remaining grated parmesan. Bake for 20 minutes or until the gnocchi has puffed up a little and the cheese on top is golden and bubbling.

Baked semolina gnocchi
Recipe, opposite

Nutritional info

PER SERVE 2220kJ (530Cal), **protein** 22g, **total fat** 33g (sat. fat 18g), **carbs** 36g, **fibre** 1g, **sodium** 487mg • **Carb exchanges** 2½ • **GI estimate** medium

HEALTH TIP: Boost the nutritional value and fibre content of this meal by serving each portion with ½ cup of steamed carrots and ½ cup steamed broccoli.
PER SERVE 2400kJ (573Cal), **protein** 25g, total fat 33g (sat. fat 18g), **carbs** 41g, **fibre** 6g, **sodium** 551mg • **Carb exchanges** 2½ • **GI estimate** medium

Around the Kitchen Table by Sophie Hansen and Annie Herron. Murdoch Books, RRP: $39.99

Pear & apple crumble

Recipe, opposite

How our food works for you
see page 75

Make the most of what's in season with these comforting fruit-based desserts

FRUIT tingles

PEAR & APPLE CRUMBLE

PREP 15 MINS **COOK** 35 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

1 large (200g) green apple, peeled, cored, cut into 3cm pieces
2 small (360g) pears, peeled, cored, cut into 3cm pieces
1 Tbsp water
2 tsp fresh lemon juice
2 tsp sugar-free maple syrup
45g (½ cup) rolled oats
2 Tbsp finely chopped walnuts
2 tsp pepitas (pumpkin seed kernels)
1 Tbsp olive oil
1 Tbsp sugar-free maple syrup, extra
130g (½ cup) reduced-fat Greek-style natural yoghurt, to serve

1 Preheat oven to 180°C (fan-forced).

2 Place the apple, pear and water in a small saucepan over medium heat. Cover and cook for 8 minutes or until just tender. Stir in the lemon juice and maple syrup. Transfer to a 750ml (3 cup) ovenproof dish.

3 Combine the oats, walnuts, pepitas, oil and extra maple syrup in a medium bowl. Sprinkle the mixture over the apple mixture.

4 Bake for 25 minutes or until the crumble is golden. Serve with the yoghurt.

Nutrition info

PER SERVE 802kJ (192Cal), **protein** 4g, **total fat** 9g (sat. fat 1g), **carbs** 19g, **fibre** 5g, **sodium** 32mg • **Carb exchanges** 1½ • **GI estimate** low

cook's tip

Use 1 tablespoon of coarsely chopped pistachios instead of the almond flakes, if you like. The rhubarb can be cooked the day before. Store in an airtight container, large enough so the rhubarb holds its shape, in the fridge.

Ginger-poached rhubarb almond filo tarts

Recipe, page 82

cook's tip

Use pitted fresh cherries instead of frozen cherries, if they are in season.

Chocolate & cherry clafoutis

Recipe, page 82

cook's tip

The puddings can be made a day ahead; reheat in a microwave in 15-second bursts until heated through.

ORANGE & POMEGRANATE STEAMED PUDDINGS

PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

2½ Tbsp brown sugar
½ medium orange, segmented
1 x 60g egg
2½ Tbsp wholemeal self-raising flour
1 Tbsp almond meal
1 Tbsp fresh orange juice
1 Tbsp pomegranate seeds
1 Tbsp low-fat custard

1 Grease and line the base of 2 x 185ml (¾-cup) dariole moulds or ramekins with baking paper.

2 Sprinkle 2 teaspoons of the sugar on the base of the moulds. Top with the orange segments.

3 Use electric beaters to beat the remaining sugar and egg in a small bowl for 2 minutes or until thick and creamy. Add the flour, almond meal, orange juice and pomegranate seeds. Use a large metal spoon to fold in until just combined.

4 Divide the mixture between moulds and cover with a layer of pleated foil and baking paper. Secure with kitchen string.

5 Place the puddings in a medium saucepan with enough boiling water to come halfway up the sides of the moulds. Cover with a tight-fitting lid and simmer for 25 minutes. Stand puddings for 5 minutes before serving.

6 Serve each pudding with 2 teaspoons of custard.

Nutrition info

PER SERVE 857kJ (205Cal), **protein** 7g, **total fat** 5g (sat. fat 1g), **carbs** 31g, **fibre** 4g, **sodium** 147mg • **Carb exchanges** 2 • **GI estimate** medium

CRÊPES WITH ROASTED STRAWBERRIES

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A DESSERT)

500g strawberries, halved
2 Tbsp caster sugar or granulated sugar substitute
1 tsp vanilla extract
2 small oranges, skin and white pith removed, segmented
75g (½ cup) plain flour
2 Tbsp skim milk
160ml (2/3 cup) water
2 Tbsp micro or small mint leaves, to serve

1 Preheat oven to 160°C (fan-forced). Line a shallow baking dish with baking paper.

2 Place the strawberries in the lined dish and sprinkle with the sugar. Drizzle with the vanilla extract. Toss gently to combine. Roast for 7 minutes or until the strawberries start to soften. Remove from the oven and stir in the orange segments.

3 Meanwhile, sift the flour into a small bowl. Gradually whisk in the combined milk and the water, whisking until the batter is smooth.

4 Heat a medium non-stick frying pan over medium heat. Pour in a quarter of the batter and tilt the pan to cover the base with batter. Cook the crêpe for 2 minutes or until browned lightly, loosening the edge with a spatula. Turn the crêpe and cook for 1 minute or until browned lightly on other side. Transfer the crêpe to a plate and cover to keep warm. Repeat with the remaining batter to make a total of 4 crêpes.

5 Serve the crêpes topped with the strawberry mixture and mint.

Nutrition info

PER SERVE (with sugar) 677kJ (162Cal), **protein** 4g, **total fat** 1g (sat. fat 0g), **carbs** 33g, **fibre** 5g, **sodium** 6mg • **Carb exchanges** 2 • **GI estimate** high
PER SERVE (with sugar substitute) 559kJ (134Cal), **protein** 4g, **total fat** 1g (sat. fat 0g), **carbs** 25g, **fibre** 5g, **sodium** 7mg • **Carb exchanges** 1½ • **GI estimate** high

cook's tip

The crêpes can be made a day ahead; layer them between sheets of baking paper, in an airtight container, and store them in the fridge. They can also be frozen for up to 3 months.

Crêpes with roasted strawberries

Recipe, opposite

LC

GINGER-POACHED RHUBARB ALMOND FILO TARTS

PREP 20 MINS (+ COOLING)
COOK 5 MINS **SERVES** 4 (AS A DESSERT)

2 sheets filo pastry
210g (¾ cup) reduced-fat Greek-style natural yoghurt
2 Tbsp light sour cream
1 Tbsp small mint leaves
1 Tbsp flaked almonds, lightly toasted
GINGER-POACHED RHUBARB
300g rhubarb, trimmed, cut into 3cm pieces
1cm piece ginger, thinly sliced
250ml (1 cup) diet dry ginger ale
1 tsp stevia granules

1 Preheat oven to 180°C (fan-forced). Lightly spray four holes of a 6-hole 185ml (¾ cup) Texas muffin tin with cooking spray.

2 Spray one pastry sheet with cooking spray, top with the remaining sheet and press lightly to seal. Cut pastry in half and then cut each half into quarters. Overlap 2 pieces of pastry to form a rough square and use to carefully line muffin holes.

3 Bake the pastry for 5 minutes or until browned lightly and crisp. Set aside in the tin for 5 minutes. Using a small metal spatula, carefully transfer pastry cases from tins to wire racks. Set aside to cool.

4 Meanwhile, make the ginger poached rhubarb. Place the rhubarb in a single layer in a medium non-stick frying pan. Add the ginger, ginger ale and stevia. Bring to the boil over high heat. Reduce heat to medium-high and cook for 3 minutes (depending on thickness of rhubarb) or until just tender, without stirring so as not to break up the rhubarb. Use a slotted spoon to carefully remove the

Ginger-poached rhubarb almond filo tarts

rhubarb and transfer to a large plate. Set aside to cool. Bring the syrup to the boil over high heat. Boil for 3 minutes or until reduced and syrupy. Pour the syrup over the rhubarb. Set aside to cool, then discard the ginger slices from the rhubarb.

5 Combine the yoghurt and sour cream in a small bowl.

6 Just before serving, divide the yoghurt mixture evenly among the pastry cases. Top each with a quarter of the cooled rhubarb and drizzle evenly with any syrup. Top with torn mint leaves torn and flaked almonds.

Nutrition info

PER SERVE 517kJ (124Cal), **protein** 7g, **total fat** 5g (sat. fat 2g), **carbs** 10g, **fibre** 3g, **sodium** 121mg • **Carb exchanges** ½ • **GI estimat**e low • **Lower carb**

CHOCOLATE & CHERRY CLAFOUTIS

PREP 15 MINS (+ 30 MINS CHILLING)
COOK 15 MINS **SERVES** 4 (AS AN OCCASIONAL DESSERT)

185ml (¾ cup) skim milk
60ml (¼ cup) water
2 x 60g eggs
1 egg white (from 60g egg)
1 tsp vanilla bean paste
2 tsp liquid stevia with agave
75g (½ cup) white spelt flour
1 tsp baking powder
1 Tbsp Dutch-processed cocoa, plus extra for dusting

Chocolate & cherry clafoutis

135g (¾ cup) frozen pitted cherries
95g (1/3 cup) reduced-fat Greek-style natural yoghurt

1 Preheat oven to 160°C (fan-forced).

2 Place the milk, water, eggs, egg white, vanilla and stevia in a medium bowl. Whisk to combine. Sift together the flour, baking powder and cocoa in a bowl. Add to the egg mixture and whisk until the batter is smooth. Strain into a medium jug. Cover and put the batter in the fridge for 30 minutes to chill.

3 Arrange four 125ml (½ cup) ceramic ovenproof flan dishes on a baking tray. Divide the cherries evenly among the dishes. Bake for 3 minutes or until the cherry juices start to run.

4 Carefully spray the hot dishes with cooking spray. Pour ½ cup batter into each dish. Return immediately to the oven. Bake for a further 12 minutes or until the batter is well risen around the edges and just set in the centre.

5 Top each clafoutis with 1 tablespoon yoghurt and dust lightly with extra cocoa, to serve.

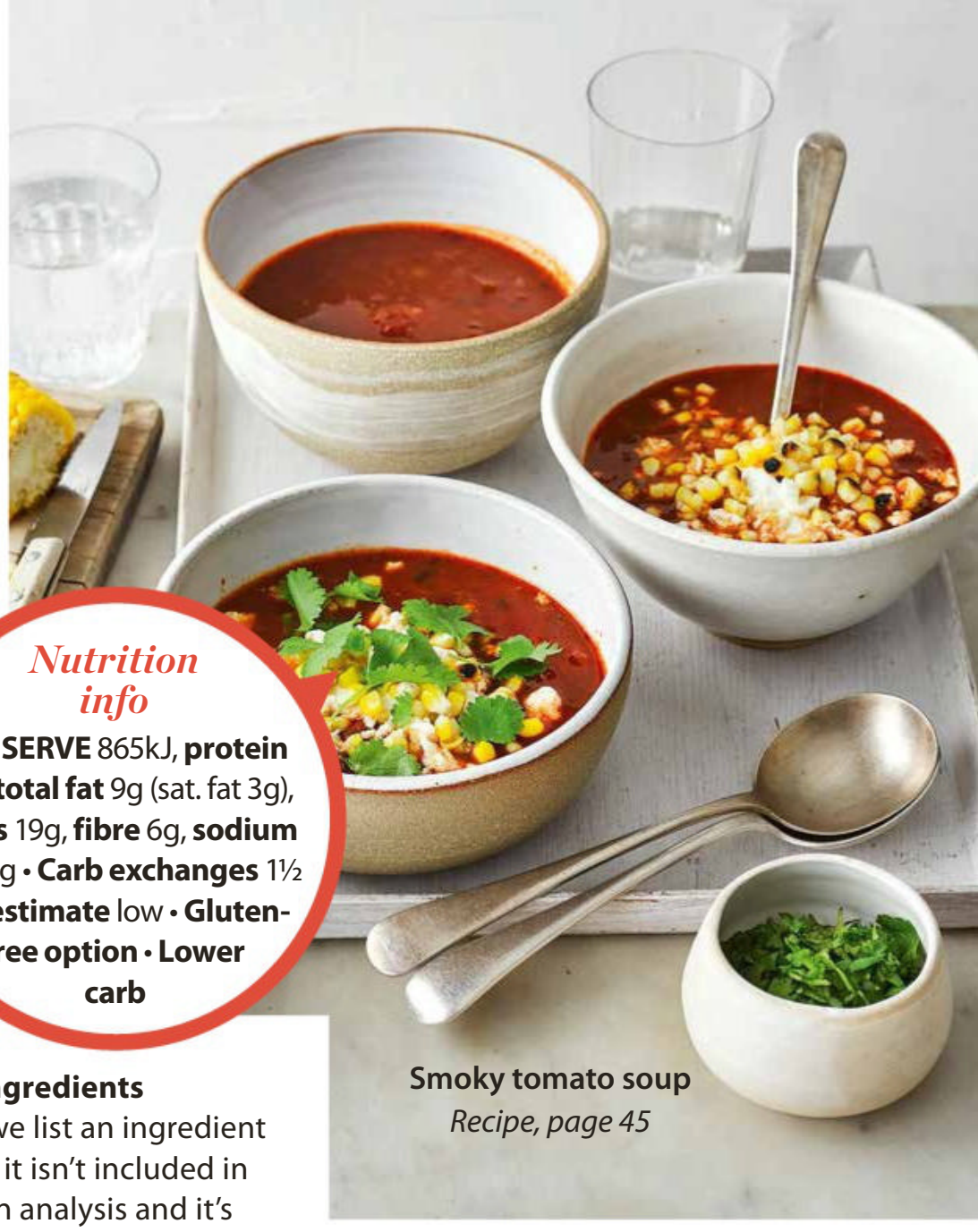
Nutrition info

PER SERVE 720kJ (172Cal), **protein** 12g, **total fat** 4g (sat. fat 1g), **carbs** 20g, **fibre** 3g, **sodium** 187mg • **Carb exchanges** 1½ • **GI estimate** medium

RECIPES AND PHOTOGRAPHY ARE MEDIA BOOKS
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet



Smoky tomato soup
Recipe, page 45

Nutrition info

PER SERVE 865kJ, **protein** 10g, **total fat** 9g (sat. fat 3g), **carbs** 19g, **fibre** 6g, **sodium** 568mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, or try some quick and easy recipes, from food editor *Alison Roberts*

RULES OF FREEZING

- **LABEL EVERYTHING!** Clearly label containers with the date on which the food was frozen and what it is.
- **AIRLESS** Fill containers fully before covering, or push all the air out of freezer bags before closing. This will stop exposing the food to cold air, preventing freezer burn.
- **FREEZE AT BEST** If something is on the turn, freezing won't change that. So if you're not going to eat something for a couple of days, freeze it straightaway.
- **FREEZE FROM COLD, NOT HOT** Putting hot food in your freezer will defrost everything. Cool food to room temperature first.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY: STEMGEM, BURGEN, GETTY IMAGES

SUPERMARKET CRUSH

YesYouCan's Raspberry & Coconut Bread and Apple & Cinnamon Muffins are gluten-free baking mixes that are vegan, low sodium (salt) and high in fibre. Both baking mixes carry a minimum 4-star health rating, providing a delicious snack option for a healthier diet. Great to pack for lunchboxes. RRP $6.50. Available at *yesyoucan.net.au*.

SUPERMARKET CRUSH

SPLENDA® Sweeteners are made from sucralose and do not contain saccharin or aspartame ingredients. SPLENDA® tastes like sugar, but it's not sugar! Splenda granulated is great for cooking and baking, so you can enjoy your favourite treats with less calories from added sugar. Look out for the new-look, fully recyclable pouch! RRP $8.70. Available for purchase at Coles.

FRUIT & DAIRY SNACKS

STEWED APPLE & BERRIES

Warm ½ cup stewed (either homemade or canned no-added-sugar **pie apples**). Top with ¼ cup defrosted **mixed berries**, 1 Tbsp roughly chopped **walnuts** and a sprinkle of **cinnamon**.
Serves 1 (as a snack).

GF

PER SERVE 635kJ (152Cal), **protein** 2g, **total fat** 8g (sat. fat 1g), **carbs** 16g, **fibre** 4g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

ORANGE, STRAWBERRY AND PISTACHIO PARFAIT

Layer 1 peeled and segmented **orange**, 250g (1 punnet) quartered **strawberries** and 130g (½ cup) reduced-fat **Greek yoghurt** between 2 glasses. Sprinkle with 1 Tbsp chopped unsalted **pistachio nuts** and a sprinkle of **ground cardamom**.
Serves 2 (as a snack).

GF

PER SERVE 649kJ (155Cal), **protein** 8g, **total fat** 4g (sat. fat 1g), **carbs** 18g, **fibre** 7g, **sodium** 72mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

COTTAGE CHEESE, AVOCADO AND TOMATO MELT

Spread 1 **multigrain English muffin** or gluten-free English muffin (split in half) with 3 Tbsp **cottage cheese**. Top each with ¼ small **avocado** and 2 slices **tomato**. Finish with ½ slice **reduced-fat cheese**. Cook under preheated grill until cheese melts. Sprinkle with a little **smoked paprika** and freshly **ground black pepper**.
Serves 2 (as a snack).

GFO

PER SERVE 796kJ (190Cal), **protein** 12g, **total fat** 8g (sat. fat 3g), **carbs** 16g, **fibre** 4g, **sodium** 309mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

LCO

LOWER-CARB OPTION: Swap the English muffin for a wholegrain **sandwich thin**.
PER SERVE 673kJ (161Cal), **protein** 10g, **total fat** 8g (sat. fat 3g), **carbs** 10g, **fibre** 4g, **sodium** 232mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

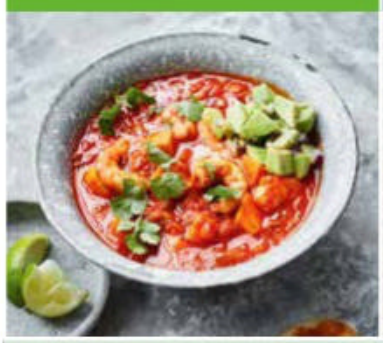
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	40g slice rye sourdough topped with ½ small avocado, sliced tomato & 40g reduced-fat cheddar	Healthy chia pudding (p 130)	1 cup fruit salad with ¾ cup diet vanilla yoghurt & 3 Tbsp natural muesli	Healthy chia pudding (p 130)
Optional snack	Stewed apples & berries (p 85)	2 Vita-Weat with 40g reduced-fat cheddar	30g unsalted nuts	1 piece fresh fruit
Lunch	Chickpea soup with chunky gremolata (p 48)	Lower carb wrap filled with 95g tuna mixed with 97% fat-free mayo, sliced tomato & rocket	Smoky tomato, chipotle & charred corn soup (p 45)	60g multigrain roll filled with 40g reduced-fat cheddar, sliced tomato, baby spinach & 2 slices canned beetroot
Optional snack	170g tub Chobani yoghurt	1 piece fresh fruit	Orange, strawberry & pistachio parfait (p 85)	30g unsalted nuts
Dinner	Kofte Shepherd's pie (p 55)	Bean & Pumpkin Ragout (p 14)	Thai Green Fish Curry (p 16)	Nutty chicken & lemon spaghetti (p 17)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Ginger-poached rhubarb almond filo tarts (p 82)	Pear & apple crumble (p 77)	1 cup warm skim milk with 1 Tbsp Milo 30% less added sugar	½ cup warm mixed berries & ½ cup diet vanilla yoghurt
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, GETTY IMAGES

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
1 slice soy & linseed toast topped with 2 poached eggs & handful baby spinach	Healthy chia pudding (p 130)	5 canned peach slices (drained of juice) with ¾ cup diet vanilla yoghurt, 20g walnuts & 1 Tbsp chia seeds
Stewed apples & berries (p 85)	1 piece fresh fruit	Orange, strawberry & pistachio parfait (p 85)
Mexican prawn soup (p 46)	40g slice rye sourdough topped with ½ small avocado, sliced tomato & 40g reduced-fat cheddar	Bombay potato & spinach pies (p 53)
Cottage cheese, avocado & tomato melt (p 85)	Butternut pumpkin & sage soup (p 46)	1 cup vegie sticks with 2 Tbsp hummus
Healthy roast dinner (p 18)	Seafood risotto (p 19)	Pulled chicken burgers (p 62)
have a couple of alcohol-free days a week.		
1 cup warm skim milk with 1 Tbsp Milo 30% less added sugar	120ml Twisted frozen yoghurt mini	Crepes with roasted strawberries (p 80)
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

WHAT'S THE BUZZ WITH CAFFEINE?

Did you know some studies have suggested coffee consumption may reduce the risk of developing type 2 diabetes, depression and bowel cancer?! But beware, coffee does contain caffeine and too much of this may have potential side effects.

Caffeine is a well-known stimulant, which in small doses can make you feel more alert, energetic and focused in the short-term. However, if consumed in excess, it may lead to poor sleep habits, palpitations, dehydration and irritability, and in the long term it could increase your risk of osteoporosis and heartburn.

The research is still up in the air, but it appears most healthy adults can generally consume around 400mg of caffeine a day. But remember everyone responds differently to different foods and drinks, so for some people they may have a lower tolerance than this.

FOOD/ DRINK	CAFFEINE CONTENT
250ml instant coffee	80-120mg
250ml espresso coffee	110-145mg
250ml black tea	65-100mg
250ml energy drink*	80-160mg
250ml cola soft drink*	25-30mg
50g milk chocolate bar*	10mg
50g dark chocolate bar*	40-50mg

*** NOTE** - These options are also generally laden with added sugars which may impact your blood glucose levels.

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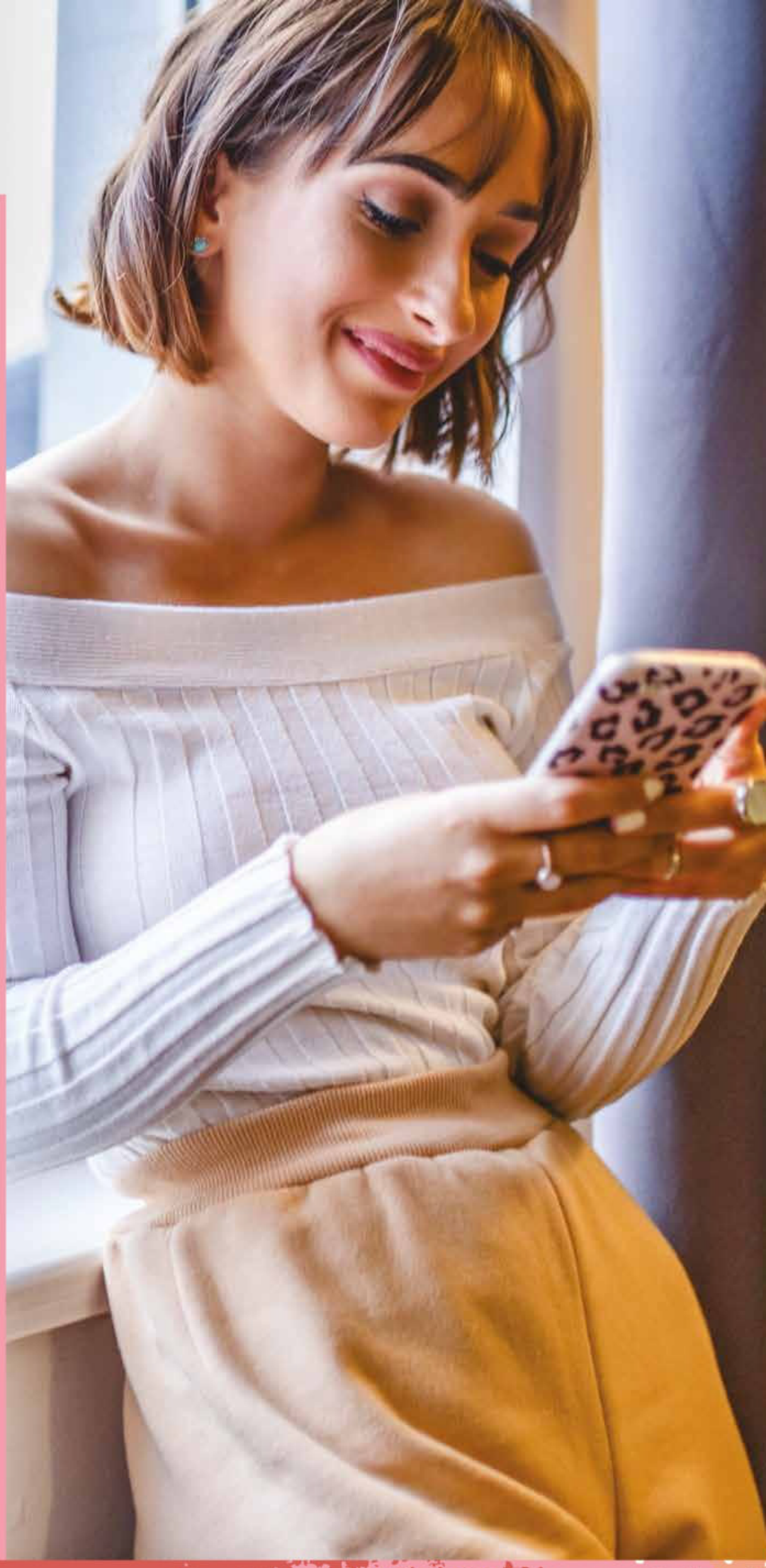

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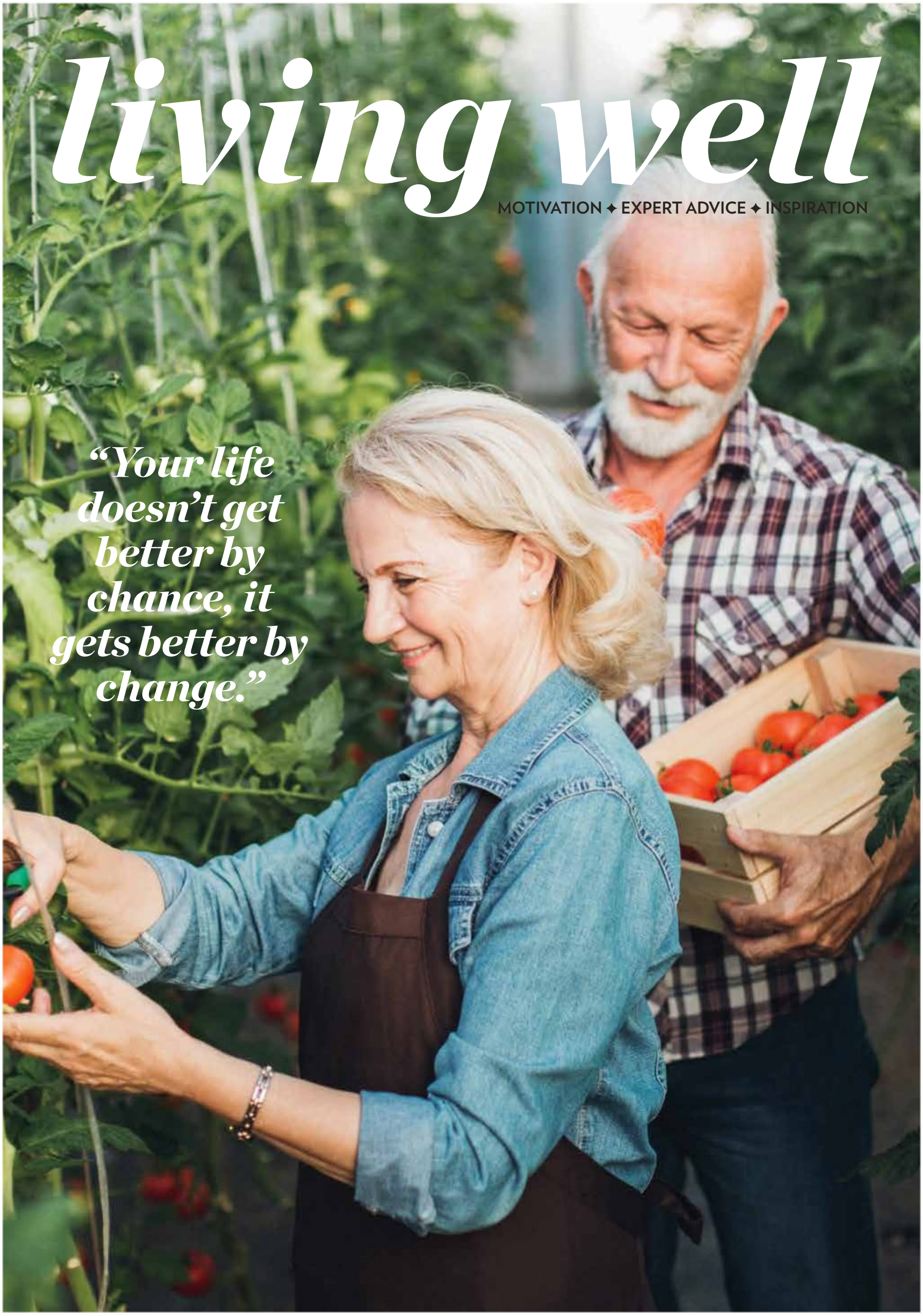

"Your life doesn't get better by chance, it gets better by change."

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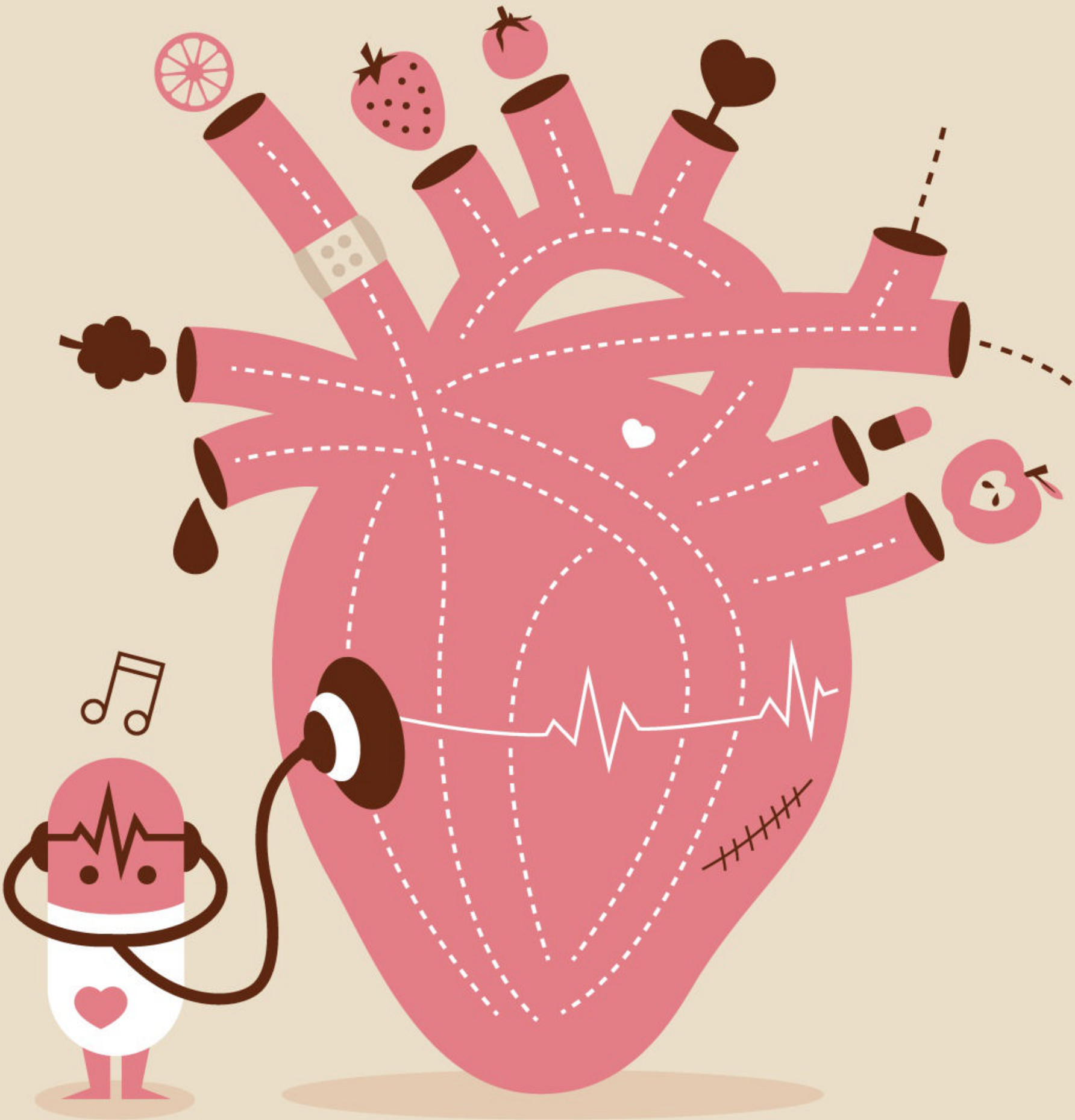
DIABETES *and* HEART DISEASE

KNOW THE FACTS AND REDUCE YOUR RISK



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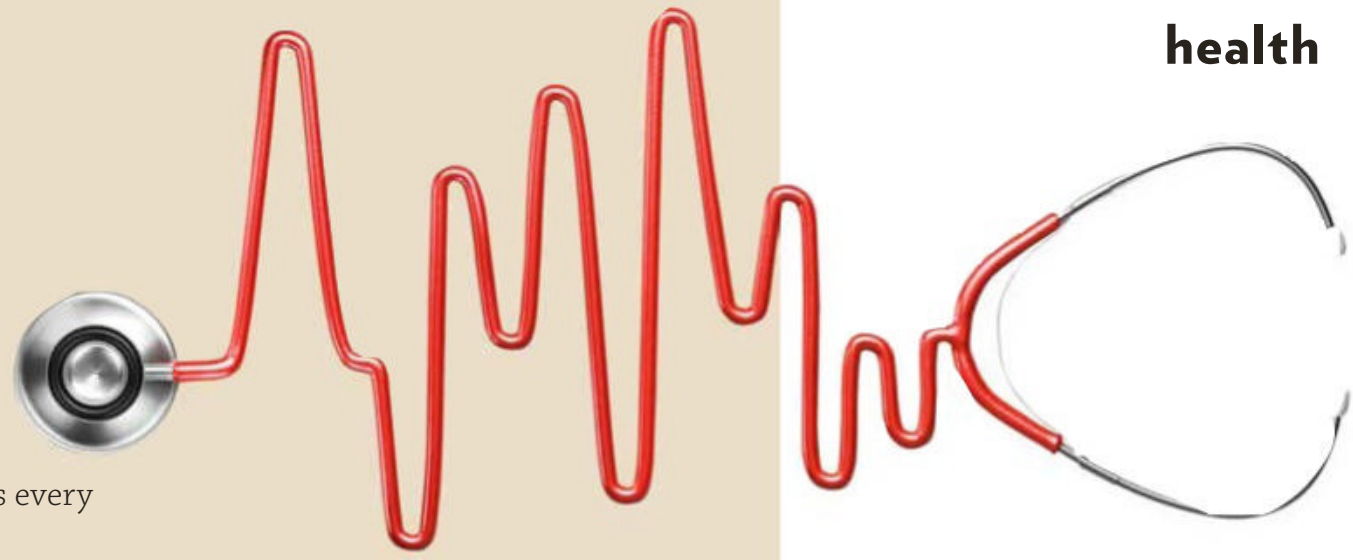

Heart disease is the leading cause of death in Australia, claiming the lives of 50 of us every day, or one Australian every 30 minutes. Having diabetes, particularly type 2 diabetes, increases this risk. It has been estimated that having diabetes approximately doubles the risk of developing or dying of cardiovascular disease. So, while everyone should take steps to look after their heart, this is even more important when you have diabetes.

Heart disease explained

The major cause of heart disease is a build-up of fatty material inside the artery walls, known as atherosclerosis. These fatty deposits gradually clog up the arteries, reducing blood flow to the heart. A similar process can occur in the blood vessels to the brain (a major cause of stroke) and other parts of the body, such as the legs and feet (a condition called peripheral vascular disease).

Your heart muscle needs a constant supply of oxygen to do its job of pumping blood around the body. It gets oxygen from the blood, which flows to your heart muscle through arteries on its surface, known as the coronary arteries. When there's narrowing or blockage of these arteries, blood flow and oxygen to the heart is reduced, causing angina or chest pain, or the flow may completely stop, resulting in a heart attack. If not treated quickly, this can cause permanent damage to the heart muscle.

The diabetes-heart disease link

Diabetes is an independent risk factor for all forms of cardiovascular disease, including heart disease. Despite falling rates of cardiovascular disease due to better treatments, it remains the leading cause of death in people with type 2 diabetes. This increase in risk is greater in women (who are usually protected against heart disease), in those diagnosed with diabetes when they are younger (before they turn 40) and in Indigenous Australians.

There are many factors contributing to the higher risk of heart disease in people with diabetes, including elevated blood glucose levels, insulin resistance, abnormal blood fats, inflammation, endothelial dysfunction (abnormal functioning of the lining of the blood vessels), increased tendency to blood clots and vascular calcification (increased mineral deposits inside blood vessels which can lead to blocked arteries or blood clots).

The good news is that developing heart disease isn't inevitable – there are many things you can do to address the factors above and reduce

Signs and symptoms of heart disease

The symptoms of heart disease will vary from one person to the next. They can range from mild to severe, and some people have no symptoms at all. Symptoms can also be different between women and men, with women less likely to experience the typical central chest pain that most men have. It is important that you are aware of the symptoms of heart disease and that you have a plan for what to do in an emergency.

Symptoms may include:

- Chest pain or tightness
- Shortness of breath
- Pressure or tightness in the neck, arms and jaw
- Indigestion or nausea
- Feeling dizzy or weak
- Feeling generally unwell

If you experience any of these symptoms, it's important to seek medical help. If your symptoms are severe, getting worse and/or last longer than 10 minutes, call Triple Zero (000) and ask for an ambulance.

your risk. Knowing your risks and understanding what you can do to reduce them can go a long way towards keeping your heart and blood vessels healthy.

Are you at risk?

There's no single cause for heart disease but there are many things which increase your chances of developing it. Your chance of developing heart disease increases with each additional risk factor that you have, so knowing your risks and taking steps to reduce as many as possible is important.

Nine out of every ten Australian adults have at least one risk factor for cardiovascular disease (CVD) and one in four has three or more risk factors. Diabetes is one of these risk factors.

Alongside having diabetes, risk factors for heart disease include:

- Age
- Family history
- Ethnic background
- Smoking
- Being overweight
- Being physically inactive
- Eating an unhealthy diet
- Having high blood pressure and/or high cholesterol
- Social isolation and depression

Fortunately, many of the risk factors for heart disease are what we call modifiable – meaning that there's something we can do about them. And it mostly comes down to focusing on a few key healthy lifestyle habits, such as eating well, moving more, and not smoking. Having regular heart health checks is also important (see box).

Taking action – 7 steps to reducing your heart disease risk

There are several key lifestyle habits that can significantly reduce your risk of heart disease. The same habits can also help with managing diabetes and improving your overall health and wellbeing.

If you smoke, quit. This is one of the best things you can do to reduce your risk of heart disease and improve your overall health.

Get moving. Schedule in regular exercise and try to incorporate more movement into your day. It's also important to limit your sitting time.

Upgrade your eating habits. A heart-healthy diet is one that contains plenty of fibre-rich vegetables, legumes, fruits and wholegrains, moderate amounts of lean protein (mostly legumes, fish, seafood, nuts and seeds) and healthy fats from foods like avocado, nuts, seeds and olives. Use herbs and spices to flavour foods rather than adding salt. Foods to cut down on include red meat, processed meats, refined carbohydrates, foods containing trans fats and ultraprocessed foods. For those with type 2 diabetes, high cholesterol and/or heart disease, research suggests limiting eggs to no more than seven per week.

Manage your weight by eating well and moving more. If you are carrying excess weight, losing five to 10 per cent of your weight can help both your heart health and diabetes management.

If you drink alcohol, do so in moderation. This means no more than two standard drinks per day.

Get enough sleep. Take care of your mental health and build a good support team.

Your heart health check

Just like your diabetes health checks, it's important to schedule in a regular heart health check with your doctor. This can be done as part of your diabetes annual cycle of care check and should include:

- ☑ Discussing your family history of heart disease
- ☑ Having your blood pressure checked
- ☑ Having blood tests to check your cholesterol and blood glucose levels
- ☑ Checking your weight
- ☑ Discussing your lifestyle, including what you eat, how active you are and your alcohol and smoking habits
- ☑ Discussing your mental health
- ☑ Assessing whether you should have a coronary artery calcium score. This is a CT scan that measures the amount of plaque (calcium) inside the walls of your heart's arteries.

This check list can help your doctor identify your heart disease risk factors and come up with a plan of action to reduce them.

Top foods for heart health

WHOLEGRAINS. Nutritionally superior to more processed grains and flours, they contain higher levels of fibre, vitamins, minerals and phytochemicals. Research has shown that people who eat wholegrains regularly have a lower risk of heart disease and stroke compared to those who rarely eat them.

LEGUMES. Lentils, chickpeas and dried beans are a great source of soluble fibre, plant protein and phytochemicals and have a low glycaemic index (GI), which can help with lowering blood fats and blood glucose levels. Studies have shown that those who eat legumes regularly have a lower risk of cardiovascular disease.

AVOCADO. Unlike other fruit, avocadoes are rich in 'healthy' monounsaturated fat, and being a plant food are cholesterol-free and low in saturated fat. They are also a good source of vitamin E, folate and potassium, important nutrients for heart health.

TEA. Both black and green, is a rich source of powerful antioxidants called catechins which can protect the heart by reducing inflammation and blood clotting and keeping the arteries more elastic. Studies have linked regular tea drinking with a lower risk of heart disease.

NUTS. Their heart health benefits come from their combination of healthy fats, plant protein, plant sterols, vitamins and minerals, and important antioxidants and phytochemicals. Eating a handful of nuts per day has been shown to lower cholesterol levels and blood pressure and reduce the risk of dying from heart disease.

OATS AND BARLEY are rich in beta-glucan, a soluble fibre which can lower cholesterol levels and help with blood glucose management.

OILY FISH, including salmon, sardines, tuna, and mackerel, are the richest source of long-chain omega-3 fats. These healthy fats have been shown to reduce blood clotting and inflammation and can help to reduce the risk of heart disease and stroke.

SOY FOODS. Soy protein (found in foods like soybeans, tofu, tempeh and soy milk) can help to reduce cholesterol and blood pressure, reduce the oxidation of cholesterol, and keep blood vessels flexible. ■

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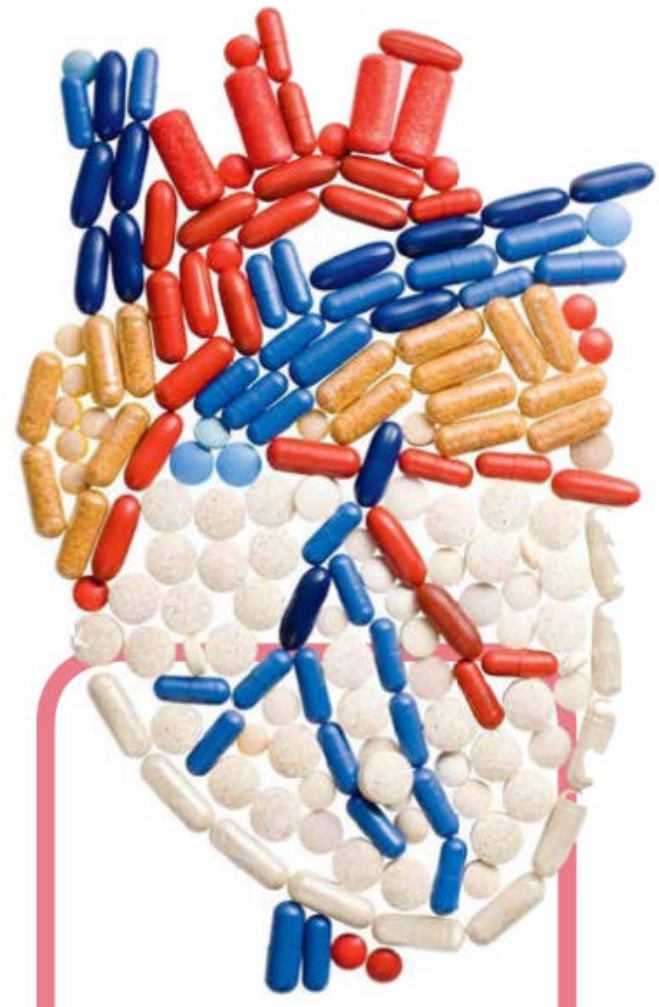
Medication matters

If your doctor has prescribed medications to manage your diabetes, cholesterol or blood pressure, it is important to take these regularly as they can help to reduce your risk of heart disease and other diabetes-related health conditions such as eye, kidney or nerve disease. If you have any concerns about your medications, or are experiencing side effects, speak to your doctor or pharmacist.



Resources and further information

Heart Foundation: Diabetes and Heart Disease
www.heartfoundation.org.au/heart-health-education/diabetes-and-heart-disease

Heart Foundation: Heart Health Check
www.heartfoundation.org.au/Heart-health-education/Heart-Health-checks

If impulse eating always hijacks your weight-loss efforts, try these clever tricks to resist those urges and splurges

KISS CRAVINGS GOODBYE!

Does this scenario sound familiar? You've resisted, then given in to an overwhelming desire to dive into a bag of chips or tub of ice-cream. Well, you're not alone. Nine out of 10 people experience cravings at one point or other.

"Cravings are completely normal," says Accredited Practising Dietitian Lauren McGuckin. "Allowing yourself to enjoy a food that you really fancy is healthy. People who treat themselves every now and then tend to be more successful at staying on track with a healthy eating plan."

But if 'every now and then' has turned into 'every day' and it's affecting your diabetes, health and weight, it's time to act.

THE HUNGER GAMES

The first step is to learn how to tell the difference between cravings and genuine hunger. According to experts, it helps to remember that when you're actually hungry, any type of food will satisfy you. Cravings, however, are more specific – you want to munch on something in particular, like chocolate, chips or a big bowl of creamy pasta.

"Think back to when you last ate a meal," says McGuckin. "If you didn't eat breakfast and find yourself craving a biscuit at 11am, there's a good chance you're genuinely hungry.

"Think about what you ate at your last meal, too. If lunch was just a piece of toast, you're unlikely to make it to dinner without craving a snack in between." And drink up, she adds. "It's easy to mistake thirst

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DECODING FOOD LUST

Just what causes cravings? There are a number of common culprits, including:

- **Persuasive pictures** Research shows that just looking at pictures of foods, like cakes and burgers, activates the brain's 'reward' areas, sparking a craving for similar items.
- **Soaring stress levels** Tense situations also make us reach for energy-rich foods, and at least one study has shown women are more likely to crave these foods in the second half of their menstrual cycle.
- **8pm-itis** Scientists are not sure why, but studies show that we're more likely to binge on sweet, salty and starchy treats at about 8pm.
- **Lack of sleep** Being tired makes junk food look more attractive, according to a US study.

SMART WAYS TO INDULGE

Yes, you can have a treat – and keep your weight and BGLs in check. Follow these easy tips

HAVE A TASTE

"Look for foods that offer the same flavour hit, with less fat and kilojoules," says McGuckin. "If you're dying for chips, choose air-popped popcorn, with a little bit of salt, instead." Want chocolate? Choose dark. It contains less sugar than white or milk and is rich in antioxidants.

USE PORTION CAUTION

Sometimes, nothing will satisfy except the actual food you're craving. "And that's okay," says McGuckin. "Just limit yourself to a small portion by buying lunch-box sized packets of savoury snacks or share packs of confectionery, which come individually wrapped."

STICK TO THE GOOD STUFF

"If you really want a glass of wine or some cheese, splash out on a good-quality bottle or brand, which you're far less likely to guzzle or eat quickly," suggests McGuckin. "Enjoy it when you've got the time to really appreciate it."

PLAN FOR THE BIG MOMENT

If you want a tipple, ensure you eat enough as alcohol increases your hypo risk for up to 24 hours afterwards. "Planning ahead is important for food cravings, too," says McGuckin. "So you can ensure it makes less of a dent on your BGLs."

for hunger. Whenever you feel peckish and have ruled out genuine hunger as the cause, have a big glass of water and see how you feel 10 minutes later. Rehydrating could be what you needed in the first place."

Similarly, learning how to tell the difference between a craving and low blood glucose levels is crucial. "The telltale signs of hypoglycaemia are a good place to start. So, if you feel sweaty, weak or dizzy then, instead of just fancying a treat, it's likely that your BGLs have fallen too low," McGuckin says. "If in doubt, test your levels and treat accordingly."

TAKE THAT, CRAVINGS!

Thinking ahead can go a long way towards fighting the urge to overindulge. According to US scientists, eating breakfast bumps up your levels of dopamine – a brain chemical involved in moderating food cravings – which means you'll be less likely to crave sweet foods later on. If your brekkie contains protein (like eggs or yoghurt), you'll minimise cravings for savoury foods, too.

Swapping high GI for low GI can also help. Not only do low-GI foods keep you feeling fuller for longer, but also, research reveals that eating high-GI foods actually triggers feelings of hunger. Plus, the stimulating effect of high-GI foods on BGLs activates a brain region that's involved in addictive behaviour – hello, cravings!

It's important to remember that even if you've filled up on satiating foods, you may still hear the siren song of the biscuit tin. If you don't want to answer it, distract yourself by doing housework, going for a walk or calling a friend. Cravings typically last for only 10 minutes, so by the time you are finished, the feeling should have passed. Too easy! ■

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STOP COUNTING CALORIES

In her book, *Glucose Revolution*, biochemist Jessie Inchauspé shares her game-changing insights into losing weight, balancing blood glucose levels and boosting energy.

If you're hoping to shed pounds, you may wonder: won't adding calories make me gain weight? The short answer is no. The long answer involves understanding more about the types of calories we're eating – and setting things on fire.

To measure how many calories are in, say, a doughnut, here's what to do: dehydrate the doughnut and place it in a cubicle submerged in a water bath. Then set the doughnut on fire (yes, really) and measure by how many degrees the water around it warms up. Multiply the temperature change by the amount of water in the container, the energy capacity of water (which is 1 calorie per gram per degree), and you'll get the number of calories in the doughnut.

So when we say, 'This doughnut and this Greek yoghurt have the same number of calories', we're really saying, 'This doughnut and this Greek yoghurt warm up water by the same number of degrees when we burn them.'

It's through this burning technique – called a calorimeter and first invented in 1780 – that scientists can measure the calories in anything.

Judging a food based on its calorie content is like judging a book by its page count. The fact that a book is 500 pages long can certainly give you some information about how long it will take to read (about 17 hours), but it's unfortunately reductive. If you walk into a bookstore and tell an employee you want to buy 'a 500-page book', they will look at you a little strangely and then ask for clarifications. One 500-page book is not the same as another 500-page book, and likewise one calorie isn't the same as another calorie.

One hundred calories of fructose, 100 calories of glucose, 100 calories of protein and 100 calories of fat may release the same amount of heat when they burn, but they have vastly different effects on your body. Why? Because they are different molecules.

How about weight loss – is it just a matter of consuming fewer calories? We used to think so, but that myth has been debunked, too. And there is a clue in the study I mentioned above: several of the teenagers in the study started losing weight even though they were eating the same number of calories as before. Impossible? No – but it definitely goes against what we have been told for years.

In fact, recent science shows that people who focus on flattening their

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glucose curves can eat more calories and lose more fat more easily than people who eat fewer calories but do not flatten their glucose curves. Let's repeat that: people on a glucose-flattening diet can lose more weight while eating more calories than people who eat fewer calories but spike their glucose levels.

For instance, a 2017 study from the University of Michigan showed that when overweight subjects focused on flattening their glucose curves (even if they ate more calories than the other group did), they lost more weight (7.7 kilograms versus 1.8 kilograms) than the subjects who ate fewer calories and took no care with their blood sugar levels.

It has to do with insulin: when we decrease our glucose levels, our insulin levels come down, too. A 2021 review analysing 60 weight loss studies proved that insulin reduction is primordial and always precedes weight loss.

In fact, it seems that we can completely ignore calories and still lose weight if we just focus on flattening our glucose curves. Keep in mind that this needs to be done with a little bit of good judgment (if you eat 10,000 calories of butter a day, your glucose curves will be flat, but you'll gain weight).

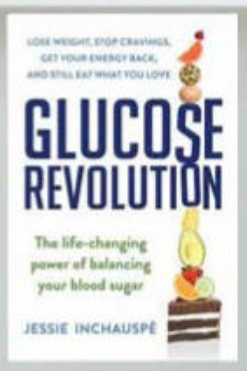
What does this mean for us?

It means we can, without fear, add calories to a meal if the calories help curb the glucose spike of that meal: i.e., if the molecules are fibre, fat, or protein.

When we add a dressed salad to a meal, the extra calories are useful to us, because they help keep our glucose and insulin levels low and even help us absorb fewer calories from what we eat after the salad (due to the mesh that fibre creates). On balance, we stay full longer, can burn more fat and put on less weight.

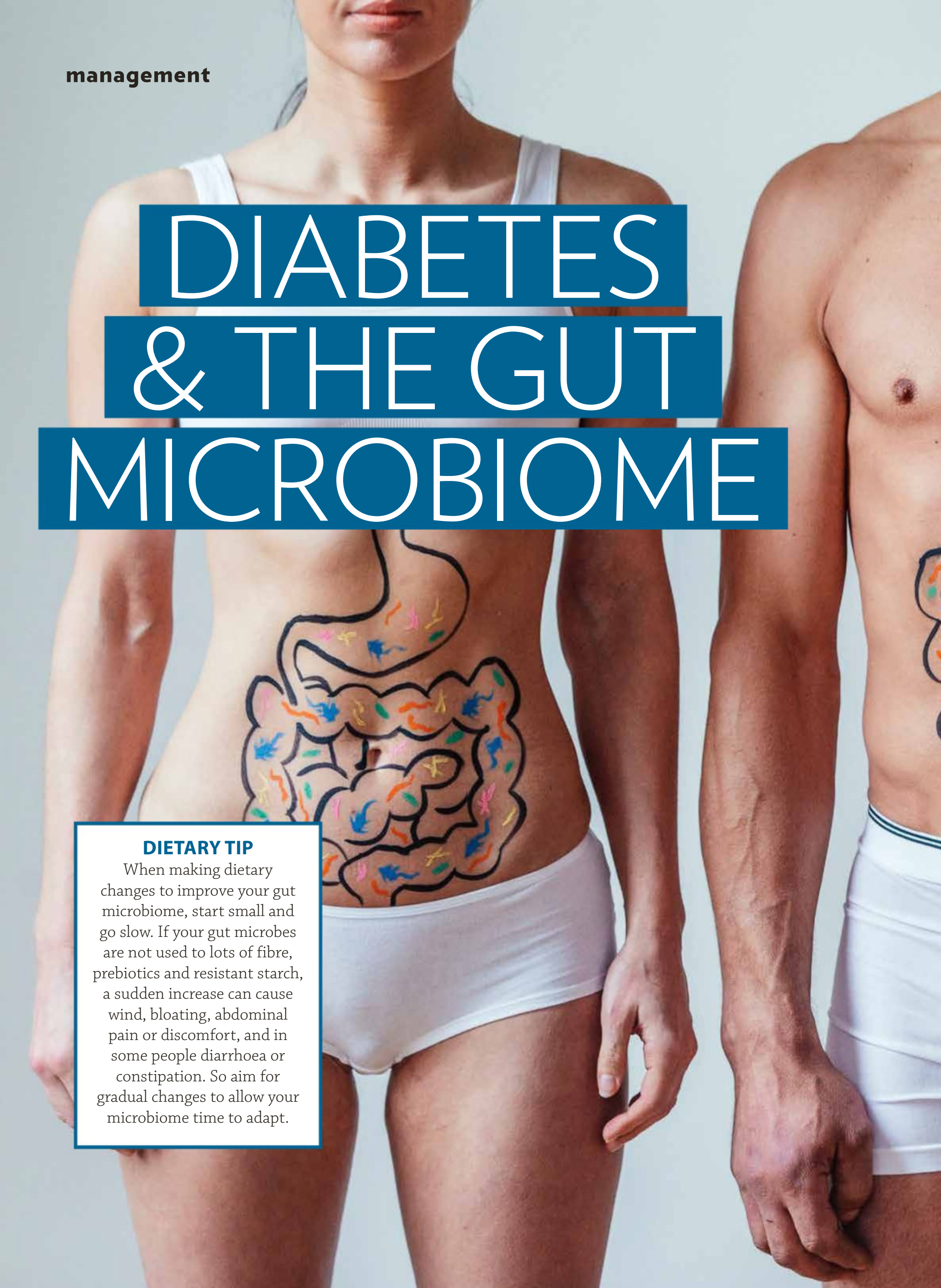
Flip the logic around: if we add more glucose or fructose to a meal, this increases the spikes, which leads to more weight gain, more inflammation and less satiety.

The fact that all calories are not equal is something that the processed food industry does its best to obfuscate. It hides behind calorie counts because they divert our attention away from scrutinising what's actually in the box – such as lots of fructose, which, unlike glucose, cannot be burned by our muscles for fuel and is almost all converted post-digestion into fat. Look at the 'shout lines' on snack packets when you next go to the store, and you will see what I mean. ■



Glucose Revolution by Jessie Inchauspé. Published by Simon & Schuster. RRP $29.99.

DIABETES & THE GUT MICROBIOME



DIETARY TIP

When making dietary changes to improve your gut microbiome, start small and go slow. If your gut microbes are not used to lots of fibre, prebiotics and resistant starch, a sudden increase can cause wind, bloating, abdominal pain or discomfort, and in some people diarrhoea or constipation. So aim for gradual changes to allow your microbiome time to adapt.

The role that the gut microbiome plays in our health has been gaining increasing interest in recent years. But what exactly is the microbiome and how does it relate to diabetes? DL magazine dietitian and diabetes educator, **Dr Kate Marsh**, explains.

THE GUT MICROBIOME EXPLAINED

The gut microbiome is the community of more than 100 trillion microorganisms that live in our gut – mainly bacteria, but also viruses and fungi. They perform a wide range of important functions, many of which we don't yet fully understand. Most of the bacteria in our gut are beneficial and play an important role in our health. However, certain types of bacteria in your gut can contribute to health problems. The right balance between good and bad bugs is the key to a healthy gut, and better overall health and wellbeing. Having a diverse microbiome (i.e. a wide variety of different gut bugs) is also associated with better health.

Our gut microbes play a key role in many aspects of health, including:

- ***the digestion of food***
- ***the synthesis and absorption of nutrients***
- ***the development and regulation of the immune system***
- ***defending against harmful micro-organisms***
- ***brain health and mood***
- ***metabolism and weight management***

THE GUT MICROBIOME AND DIABETES

Studies have shown that at the time of diagnosis, people with type 1 diabetes have different types of bacteria living in their gut than people without diabetes.

A systematic review of 10 studies in individuals with type 1 diabetes found evidence to support a relationship between abnormalities in the gut microbiome and the development of diabetes. The studies found that people with type 1 had a less diverse microbiome, and more of some types of gut bacteria and less of others, when compared to individuals without diabetes. These changes in gut bacteria were associated with impaired integrity of the epithelium (the cells lining the blood vessels), low-grade inflammation and autoimmunity, suggesting that the changes in the gut microbiome might contribute to the development of type 1. However, whether these changes are a cause or consequence of diabetes is still unclear.

Similar to type 1, studies have found that people with type 2 diabetes have a different microbial composition than those without it – lower levels of certain types of bacteria and higher levels of others. In a 2020 review, the authors report that the majority of the 42 human observational studies investigating the gut microbiome in type 2 diabetes found an association between certain types of gut bacteria and type 2 diabetes. However, the findings were not always consistent between the studies. There are many ways in which changes to the gut microbiome might contribute to the development of type 2 diabetes, including effects on inflammation, gut permeability, glucose and fat metabolism and insulin sensitivity. Studies are also showing an association between a less healthy gut microbiome and gestational diabetes, similar to those seen in type 2 diabetes.

These findings suggest that changing the composition of the gut microbiome could be a promising treatment for prevention and

Probiotics

Probiotics are live bacteria found in certain foods and supplements, which can provide certain health benefits. Food sources of probiotics include:

• Yoghurt • Fermented drinks, including kefir and kombucha • Sauerkraut and kimchi (fermented cabbage) • Miso (fermented soybean paste) • Some types of pickles and pickled vegetables (if not pasteurised)

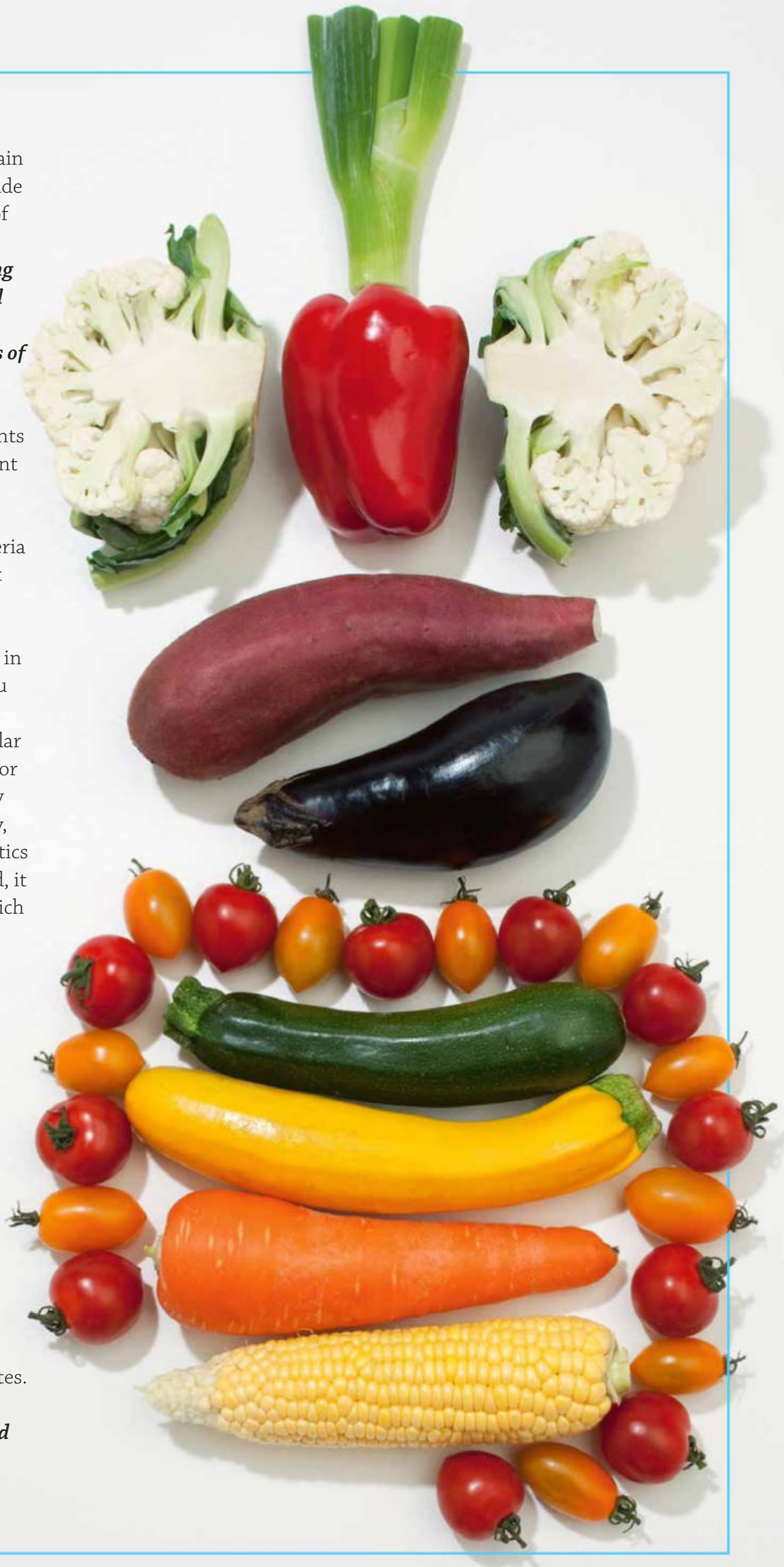
There are also many probiotic supplements available, containing a variety of different strains of probiotic bacteria. With supplements, both the strain (type of bacteria) and dose (the amounts of bacteria in each supplement) matter. Different strains have different benefits, so it is important to choose supplements containing strains that have been found in research to help with the condition you would like to treat. We don't yet have enough evidence to recommend particular strains of probiotics for the prevention or management of diabetes, but this may change in the future. If you are healthy, there is little evidence that taking probiotics will provide any health benefits – instead, it is better to focus on eating the foods which build a healthy gut microbiome.

Prebiotics

Prebiotics are the food for our good bacteria. Prebiotics are the indigestible carbohydrates in certain foods, such as fibre and resistant starch, which our digestive system can't break down. Instead, they pass down into our large intestine, where they feed our beneficial bacteria. The bacteria in our gut break down prebiotics to form short-chain fatty acids, which help to keep the lining of the gut healthy and have been associated with reduced inflammation, improved immunity and a reduced risk of type 1 and type 2 diabetes.

Foods containing prebiotics include:

• Legumes (lentils, chickpeas and dried beans) • Oats • Underripe bananas • Jerusalem artichokes • Asparagus • Garlic, onion and leeks



management of diabetes. Several small studies have shown benefits for dietary changes, the use of prebiotics and probiotics, and faecal microbiota transplantation (transplanting the gut bacteria from healthy donors to people with diabetes). Further research is needed, but in the future, we may see probiotic or prebiotic supplements and specific dietary changes aimed at modifying your gut microbiome become part of the recommendations for preventing and managing diabetes.

HOW TO OPTIMISE YOUR GUT MICROBIOME

Not surprisingly, your diet plays a crucial role in building a healthy gut microbiome. What you eat nourishes not only you, it also feeds the trillions of microorganisms that live in your gut.

Eating a wide range of fibre-rich plant foods can help to produce a healthy and diverse gut microbiome. Restrictive diets, on the other hand, particularly low carbohydrate, gluten-free and low FODMAP diets, can reduce diversity and lower levels of some types of healthy bacteria.

We don't yet have all the answers, but evidence suggests that specific dietary changes can help to build a healthy gut microbiome. These include:

- **Eating more fibre-rich plant foods**, including vegetables, fruit, minimally processed wholegrains, legumes, nuts, seeds, herbs and spices.
- **Aiming for diversity in your diet** – this means choosing a wide variety of different plant foods each day and from day-to-day. Aim to make your plate as colourful as possible and try a new fruit or vegetable each time you shop.
- **Including foods rich in prebiotics**, which have been described as fertilisers for our good gut bacteria. Prebiotic-rich foods include Jerusalem artichokes, garlic, onion, leeks, asparagus, and legumes (lentils, chickpeas, dried beans).
- **Incorporating resistant starch**, which provides important fuel for our good gut bacteria. Good food sources include firm bananas, legumes, cooked and cooled potatoes, and cooked and cooled pasta and rice.
- **Avoiding ultra-processed foods** – highly processed foods containing ingredients you wouldn't typically find in your home kitchen, such as colours, flavours, emulsifiers and other additives.
- **Other lifestyle changes** that can contribute to a healthy gut microbiome include exercising regularly, managing stress levels, not smoking and limiting alcohol intake.

It is also important to avoid the unnecessary use of antibiotics. Antibiotics are life-saving when needed. However, they are also often overused. Antibiotics can kill many of our good gut bugs, as well as the bad ones. If you need to take a course of antibiotics, make sure you eat plenty of the foods that can help to boost your good bacteria. Taking a probiotic supplement may also help to restore some of your good gut bugs. However, with probiotics, there are many different strains, and each has different effects on gut health. So, if you choose to take a probiotic supplement, speak to your GP or dietitian first to make sure the one you choose is right for you. ■

Factors that affect your gut microbiome

The composition of your gut microbiota is unique to you and is impacted by many different factors – some which you can't change and others that you can. These include:

✓ *Genetics*

✓ *Age*

✓ *Whether you were born vaginally or by caesarean section*

✓ *Whether you were breastfed and for how long*

✓ *Your location and living environment*

✓ *Your diet*

✓ *Your activity levels*

✓ *Stress*

✓ *Smoking and alcohol consumption*

✓ *Taking certain medications, particularly antibiotics and proton-pump inhibitors (medications used to treat reflux and stomach ulcers)*

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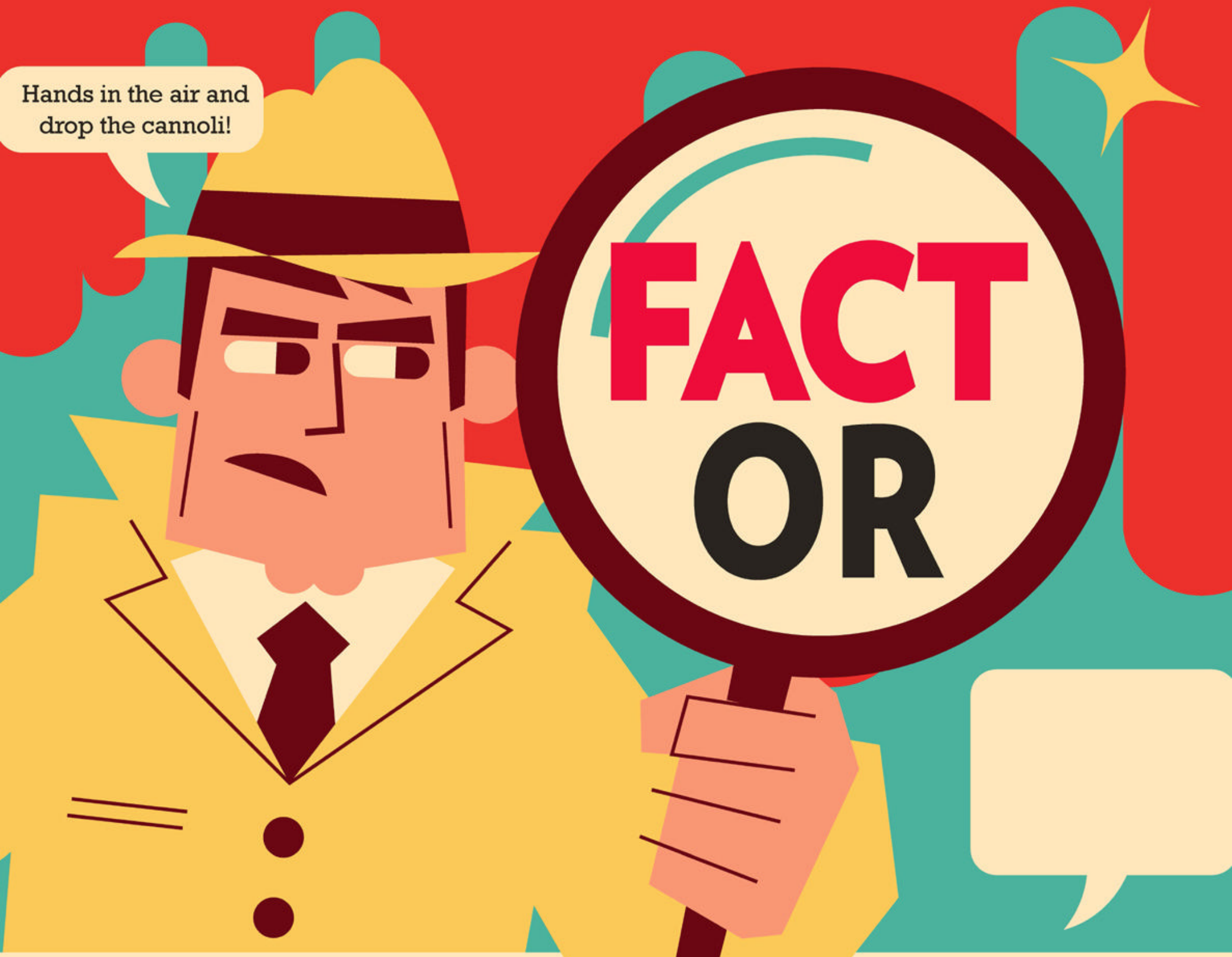
There are many myths and half-truths surrounding diabetes. Accredited Practising Dietitian Dale Cooke from Diabetes Queensland gives us the facts.



FICTION

MYTH

I can't eat fruit when I have diabetes.

FACT

Fruit does contain the fruit sugar, fructose, but it is full of vitamins, fibre and phytochemicals (good things) so there is no reason at all to avoid it. Health authorities recommend adults eat two serves (150g each) of fruit every day. Research has shown fruit reduces the incidence of some cancers, heart disease and type 2 diabetes.

There's no reason to avoid carbs, but learning to recognise foods high in carbs and knowing how they affect your blood glucose level is helpful. Check out Diabetes Queensland's Events page for CarbSmart or talk to your Accredited Practising Dietitian. Even if you follow a very low-carbohydrate diet, make sure you have two serves of low-carb fruit every day.

MYTH

I can have lots of chocolate and red wine for antioxidants.

FACT

Chocolate and red wine do contain various classes of antioxidants, providing antioxidant and anti-inflammatory properties which have a protective effect against some degenerative conditions. While they are rich in polyphenols, chocolate is also high in saturated fat, which can lead to clogged arteries, heart disease and some cancers. The alcohol in red wine can lead to fatty liver, liver cancer, and brain damage. If you do choose them, having these foods only sometimes, and in small quantities, is recommended

If you want lots of antioxidants without the drawbacks then eat more fruit and vegetables, particularly brightly coloured varieties. They are full of antioxidants and other health-giving substances, including phytochemicals.

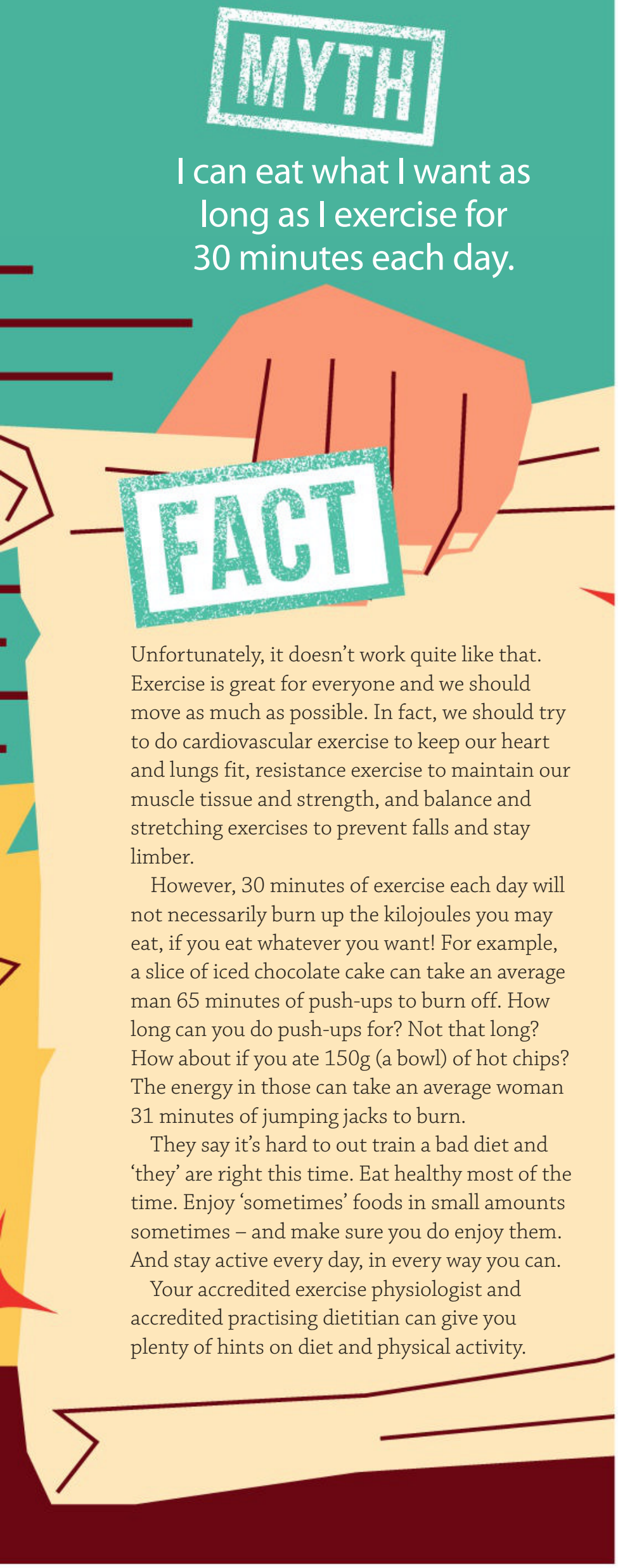
Talk to an accredited practising dietitian for more information.

Many foods high in nourishment also include carbohydrates. Some people choose to reduce their intake of carbs so they have smaller or fewer fluctuations in blood glucose, or for weight loss. However, be aware that the body will make glucose from your own stores of fat and protein if it has to. The body, particularly the brain, prefers to use glucose as a fuel. Many foods which are high in carbohydrates such as grains, fruit, starchy vegetables, milk and yoghurt, and legumes, also contain lots of fibre, vitamins, minerals and health-giving nutrients.

If you do want to cut back on carbs, consider reducing those 'sometimes' foods – chocolate, lollies, cakes, biscuits, soft drink, cordial, sports drinks, take away foods, and savoury snacks such as chips. Cutting these out completely is often very difficult to do in the long term. So, consider having these 'sometimes' foods in small quantities, occasionally.

Unfortunately, type 2 diabetes cannot be cured (yet). Research has shown it is possible to go into remission in the first five or so years after diagnosis by achieving significant weight loss, healthy eating and regular physical activity. Remission is defined as having a HbA1c below 6.5 per cent for at least three months in the absence of glucose-lowering medications. However, remission doesn't guarantee the diabetes doesn't return. You should always keep up your regular annual cycle of care checks for diabetes even if you are in remission.

Once again, talk to your general practitioner and accredited practising dietitian for more information on achieving significant weight loss.



Unfortunately, it doesn't work quite like that. Exercise is great for everyone and we should move as much as possible. In fact, we should try to do cardiovascular exercise to keep our heart and lungs fit, resistance exercise to maintain our muscle tissue and strength, and balance and stretching exercises to prevent falls and stay limber.

However, 30 minutes of exercise each day will not necessarily burn up the kilojoules you may eat, if you eat whatever you want! For example, a slice of iced chocolate cake can take an average man 65 minutes of push-ups to burn off. How long can you do push-ups for? Not that long? How about if you ate 150g (a bowl) of hot chips? The energy in those can take an average woman 31 minutes of jumping jacks to burn.

They say it's hard to out train a bad diet and 'they' are right this time. Eat healthy most of the time. Enjoy 'sometimes' foods in small amounts sometimes – and make sure you do enjoy them. And stay active every day, in every way you can.

Your accredited exercise physiologist and accredited practising dietitian can give you plenty of hints on diet and physical activity.

No. If your doctor has changed your medication to insulin it means you have type 2 diabetes treated with insulin. If you have type 2 diabetes you usually start treatment with lifestyle modifications – eating healthier and regular exercise – as you have insulin resistance. As you age, your type 2 diabetes progresses, your pancreas, which initially works extra hard, then becomes exhausted, so the doctor will step you through a variety of medication classes including different tablets, non-insulin injectables and, eventually, insulin. Currently 67 per cent of people living with type 2 diabetes use insulin.

Type 1 diabetes is an auto-immune condition where the body's own immune response destroys the cells that produce insulin. The treatment for type 1 diabetes is insulin from the first day of diagnosis.

If you aren't sure what type of diabetes you have, ask your general practitioner or endocrinologist. For more information about your medications, talk to your general practitioner, credentialled diabetes educator or pharmacist. ■

SICK DAY PLAN

Living well with type 2 diabetes means winter can be a real juggle. Diabetes Australia is here to help

Like everyone, people living with type 2 diabetes get sick with everyday illnesses such as influenza (flu), a cold, gastro, or other common infections. It is important to be prepared and to know what to do if you get sick. This includes having a personalised sick day action plan, and a sick day kit ready to use at the earliest sign of illness. Start following your sick day action plan immediately if you feel unwell or have any signs of illness. Contact your doctor early to get medical treatment so you can avoid becoming more unwell and needing emergency care. Understanding how to manage your diabetes when you are sick and having a personalised plan can reduce the risk of developing serious problems.

SICK DAYS AND LIVING WITH TYPE 2 DIABETES

You may need changes to your usual diabetes management plan to help prevent your blood glucose levels from going too high or too low. These changes are usually only needed until you are well again.

WHY IS IT IMPORTANT TO MANAGE SICK DAYS?

Being unwell can make it more challenging to keep glucose levels in your target range. This is because of the stress hormones your body releases when you are sick. Stress hormones increase the amount of glucose the liver releases into the bloodstream. They can make it difficult to keep your blood glucose levels from rising too high. If you are sick and have high blood glucose levels, you are at risk of severe dehydration. This can make you feel drowsy and confused and needing urgent medical attention.

WHAT DO I DO WHEN I AM SICK?

Follow your sick day action plan
Start following your sick day action plan immediately if you feel unwell, OR your blood glucose levels are higher than 15 mmol/L for eight to 12 hours or more. Make an appointment with your doctor, diabetes nurse practitioner or diabetes educator if you do not have a sick day action plan. They can work with you to develop your personalised sick day action plan.

Let someone know you are unwell Let a friend or family member know that you are unwell. Tell them about your sick day action plan in case you need any help. If possible, have someone stay with you or check in on you frequently.

Check your blood glucose levels more often If you usually monitor your blood glucose levels at home, check every 2 hours or more according to your sick day action plan. You can return to your usual monitoring plan when your blood glucose levels are back in your recommended target range. If you do not usually monitor your blood glucose levels, discuss this with your doctor, diabetes nurse practitioner or diabetes educator when developing your sick day action plan. They may ask you to keep a blood glucose meter at home to use when you are unwell. Your doctor, diabetes nurse practitioner or diabetes educator can

ASK FOR HELP

Seek medical help to treat any illness or infection you may have. If you are unsure about taking medications or insulin injections when unwell or have questions about a sick day action plan, contact your doctor, diabetes nurse practitioner or diabetes educator. Contact your doctor early to avoid becoming more unwell and needing emergency care.

Seek medical attention IMMEDIATELY if you:

- do not know what to do
- are drowsy or confused
- have deep, rapid breathing or shortness of breath
- have chest pain
- have a foot infection
- cannot keep food or fluids down and are vomiting, have diarrhoea and/or stomach pain lasting more than a few hours
- are showing signs or have symptoms of dehydrations such as extreme thirst, weakness, confusion or not passing urine
- have blood glucose levels that continue to rise even though you have been following your sick day action plan
- cannot keep your blood glucose levels above 4 mmol/L
- are not well enough to follow your sick day action plan or have no one to help you.

THE NDSS AND YOU

Whether you have just been diagnosed with diabetes, or have been living with diabetes for a while, the NDSS provides a range of support services, information, and subsidised products to help you manage your diabetes, stay healthy and live well. For access to more resources (including translated versions), or to find out more about support services, go to *ndss.com.au* or call the NDSS Helpline on 1800 637 700.

show you how to use your meter and access your blood glucose monitoring strips through the NDSS.

Taking your diabetes medications You might need to stop taking some diabetes medications if you cannot eat or have several episodes of vomiting and/or diarrhoea lasting more than a few hours. If you cannot eat or drink, other medications need to be stopped or have the dose reduced to reduce your risk of hypoglycaemia (also known as hypo or low blood glucose level).

Your sick day action plan tells you which medicine you need to stop taking, which ones you may need to reduce the dose of, and which ones you can continue to take.

USING INSULIN

If you are using insulin, you may need extra insulin when you are unwell. This can be true even when you are not eating much, or are vomiting or have diarrhoea. Monitor your blood glucose levels often. This will help indicate if you need extra insulin. If you do, it will be an additional dose of rapid-acting or short-acting insulin. Sometimes, blood glucose levels may be low when you are unwell or sick. In this case, a reduction in insulin doses may be needed. Talk to your doctor or diabetes nurse practitioner for advice on making changes to your insulin. Your sick day action plan should tell you how to manage your insulin doses when you are unwell. If you are unsure about how to manage your insulin doses when you are unwell or have questions about your sick day action plan, please contact your doctor or diabetes educator.

KEEP DRINKING AND (IF POSSIBLE) EATING

It is very important to keep up your fluid intake. This will reduce your risk of you becoming dehydrated. It is also very important to keep up your carbohydrate intake when you feel unwell to reduce your risk of a hypo.

- If you cannot eat normally, then have snacks or small meals such as dry toast, plain rice, dry biscuits, crackers, mashed potato, plain ice-cream or custard. Avoid dairy food if you have gastro or diarrhoea.

- If you are vomiting and/or have diarrhoea, try to have ½-1 cup of fluid (125 - 250 mL) every hour.
- If your blood glucose levels are 15 mmol/L or lower and you cannot eat, drink one cup of fluids (250 mL) containing carbs every hour. These include regular cordial, soft drinks, juice, sports drinks, weak tea with sugar/honey, jelly, or sweet ice blocks.
- If you are vomiting or have diarrhoea, you can replace fluid and electrolytes with drinks such as Hydralyte®.

SICK DAY CHECKLIST

- ❑ Follow your sick day action plan and use your sick day kit.
- ❑ Let someone know you are unwell.
- ❑ If you usually monitor your blood glucose levels, particularly if you use insulin, check your blood glucose levels more often according to your sick day action plan.
- ❑ If you do not usually monitor your blood glucose levels, make sure your sick day action plan explains if and when you should start monitoring when unwell.
- ❑ If you inject insulin, you may need to increase your dose(s).
- ❑ Keep taking your diabetes medications. But you may also need to stop some medications if you are unable to eat or have several episodes of vomiting and/or diarrhoea or lasting more than a few hours.
- ❑ Ask for help – contact your doctor, diabetes nurse practitioner or your diabetes educator.
- ❑ Drink plenty of fluids and keep eating if possible.
- ❑ Seek urgent medical care if needed.

STAY HEALTHY

- Get immunised for the flu, pneumonia and COVID-19.
- Take care with personal hygiene to avoid the spread of germs.
- Keep your blood glucose levels within your target range to help reduce the risk of illness and infections.

SICK DAY KIT

The following items should be included in your sick day kit:

- ✓ a copy of your sick day action plan
- ✓ a blood glucose meter
- ✓ in-date blood glucose monitoring strips
- ✓ a pen and notebook, your blood glucose diary or smartphone app to record your blood glucose levels
- ✓ a thermometer
- ✓ pain relief medication
- ✓ food and drinks for sick days
- ✓ hypo treatment
- ✓ rapid-acting or short-acting insulin (if you use insulin)
- ✓ insulin pens (if you use insulin) and pen needles or syringes
- ✓ telephone numbers for medical and support people
- ✓ a list of relevant medical information, for example Medicare number, NDSS number, medical insurance information and notepad and pen to record food/drink intake, medication, and glucose checks. Check your sick day kit every 3 months to make sure it is up to date and restock your kit if you have used it.

TOP TIPS

- Your doctor, diabetes nurse practitioner or diabetes educator can work with you to develop your personalised sick day action plan.
- Make sure your sick day kit is up to date and restocked.
- Start following your sick day action plan immediately if you feel unwell or have any signs of illness.
- Let a friend or family member know that you are unwell.
- Seek medical help to treat any illness or infection you may have.
- Contact your doctor early to avoid becoming more unwell and needing emergency care. ■

PHOTOGRAPHY GETTY IMAGES

DISCLAIMER: This information is intended as a guide only. It should not replace individual medical advice and if you have any concerns about your health or further questions, you should contact your health professional.

ALL IN THE FAMILY

Planning for a baby is an exciting time, but the strategies don't just begin after you've become pregnant. Accredited Practising Dietititan **Cindy Shea** of the Baker Heart and Diabetes Institute, shares her expert advice on what you need to know about planning pre-conception

Your health in the lead up to pregnancy is an important yet often forgotten consideration that is especially critical for people with diabetes. It is best to start planning three to six months prior to trying to conceive so that you can establish and maintain a good health routine.

As health professionals, we are seeing more people enter pregnancy with diabetes, with the rise of rates of early onset type 2 diabetes. The increase is due to a number of factors such as a higher proportion of women who come from ethnic groups being at high risk of type 2 diabetes (such as people from a South East Asian and Middle Eastern background), the increasing prevalence of women who are at a higher body weight prior to conceiving and the increase in couples choosing to start a family later in life.

Pre-conception care is important for all couples who are planning to get pregnant. Statistically, 50 per cent of pregnancies are unplanned. The literature is very clear that the environment prior to conceiving has an impact on genetic programming which can influence a baby's future development and risk of health conditions such as obesity and diabetes. We also know that the period from pregnancy to when the baby is two years old – the first 1000 days – also plays a crucial role in their future health. This is influenced by the couple's eating habits, lifestyle and exposure to various environmental factors.

For women and men living with diabetes (type 1 and type 2 and others) it is more important to start preparing for

TARGETS TO AIM FOR

If self-monitoring blood glucose (without significant hypoglyceamia):
Fasting and pre-meal <6.0mmol/L
Post meal 1 hour <8.5mmol/L
Post meal 2 hour <7.5mmol/L
If using continuous glucose monitoring system (CGMS) (without significant hypoglyceamia):
Range: 3.5-7.8mmol/L
Time in range: >70%
Time below range: <4%
Glycaemic variability: aim ≤36%

You should discuss hypoglycaemia management and sick day education with your diabetes team. For those living with type 1 diabetes you also need to ensure you have a meter to check for blood ketones.
In Australia, CGMS is subsidised for women with type 1 diabetes who are planning for pregnancy, during pregnancy and three months post-partum. Speak to your diabetes team to find out more.

conception at least three to six months prior. Elevated blood glucose levels can impact your level of fertility, but if you can optimise it three to six months prior trying to conceive, it can greatly improve your chances of becoming pregnant and having a healthy pregnancy.

The main goals are to:

- Optimise glycaemic levels
- Maintain healthy diet and lifestyle habits
- Review medications and conduct appropriate medical checks including diabetes-related complications such as eye checks.

Optimising glycaemic levels

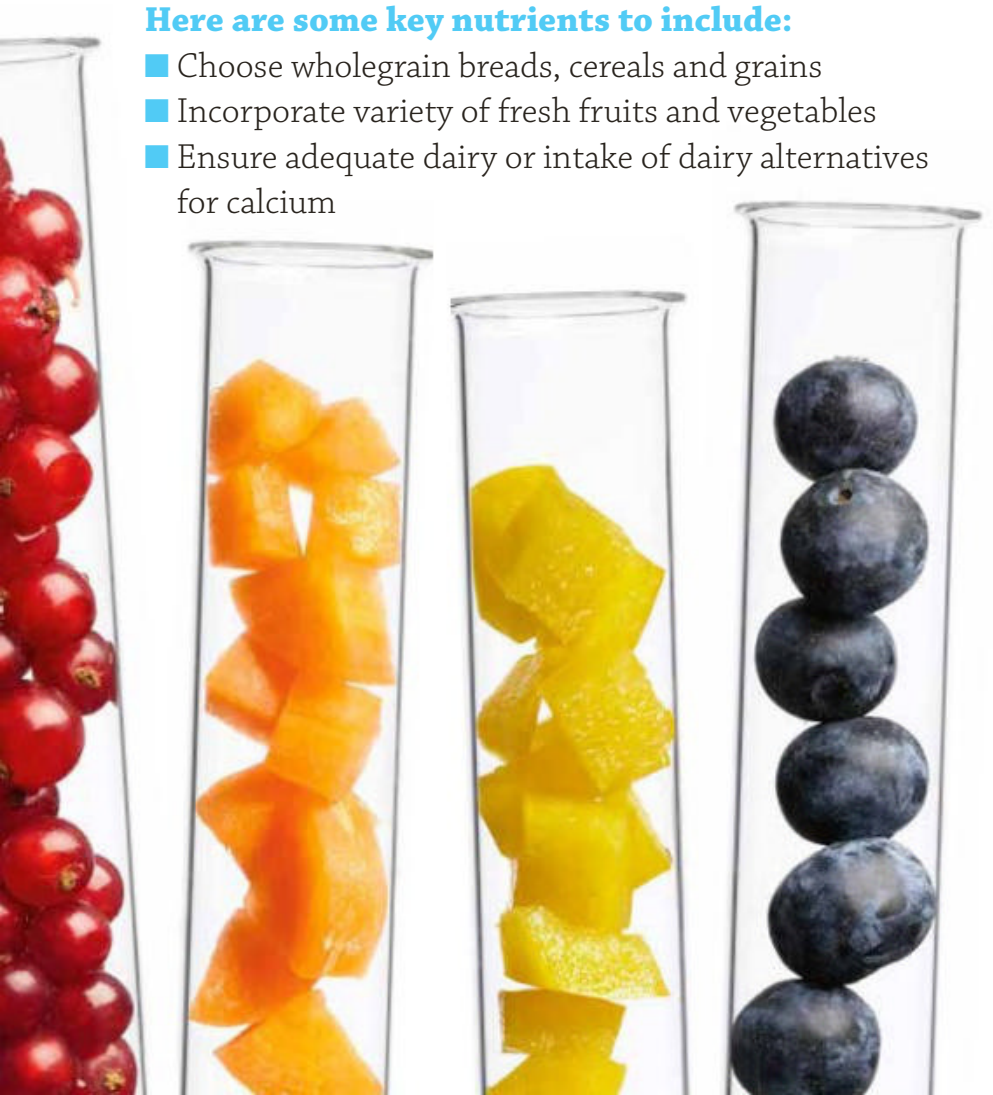
When preparing for pregnancy, it is advised to aim for a HbA1c of 6.5 per cent or less (48 mmol/mol) or come as close as possible to this. This is to reduce the risk of congenital abnormality and miscarriage, particularly in early gestation. A target should be discussed individually with your health team as they will assess your hypoglycaemia risk.

Healthy diet is key

The Australian Healthy Eating Guidelines provide good advice for optimising your diet prior to getting pregnant. We know that eating well and maintaining a healthy lifestyle helps to improve the quality of the women's eggs, and the health of men's sperm. It takes about two to three months to see the effects of a healthy diet, that's why establishing a good routine that you can adhere to is really important.

Here are some key nutrients to include:

- Choose wholegrain breads, cereals and grains
- Incorporate variety of fresh fruits and vegetables
- Ensure adequate dairy or intake of dairy alternatives for calcium



- Choose folate-rich foods such as green leafy vegetables
- Limit saturated and trans fat
- Minimise sugar-sweetened beverages
- Moderate amounts of caffeine (<200mg/day)
- Ensure adequate omega 3 intake such as oily fish (aiming for 2-3 times/week) or plant-based sources
- Avoid or limit alcohol consumption

This is a great opportunity for you and your partner to implement healthy eating and lifestyle habits. It helps you develop good habits and makes it easier when you do get pregnant.

Do I need to use supplements?

You should aim to meet most of your nutritional requirements with food first. Folic acid is the only supplement that is advised when trying to conceive. For the general population, women are advised to take 400 micrograms/day folic supplement at least once a month prior, and up to 12 weeks gestation.

For women living with diabetes, it is advised to take a higher dose of 2.5-5mg/day at least three to six months prior conceiving and up to 12 weeks gestation. This is to reduce the risk of neural tube defect. It is best to speak with your doctor first before commencing on this supplement.

Other supplements will be based on each individual and it is best to see an Accredited Practising Dietitian who specialises in pregnancy and diabetes.

Men's health is important too

Nutrition and maintaining good lifestyle habits affect the health and quality of both egg and sperm. For men living with diabetes, it's also important to optimise blood glucose levels as elevated glucose levels can lead to damaged sperm DNA and lower testosterone levels.

COMMON MYTHS

NEEDING TO AVOID CARBOHYDRATES.

You do not need to do this as carbohydrate contains essential nutrients that are important to improve your fertility. Carbohydrates are found in breads, cereals, grains, fruit, some dairy products and starchy vegetables which are all important as part of your healthy diet. They include nutrients such as protein, dietary fibre, B vitamins, iron, zinc, magnesium and calcium. A tip is to go for lower glycaemic index (GI) choices, be mindful of portion sizes and match your insulin or medication regimen.

MY BABY WILL BE BORN WITH DIABETES

Your baby is not born with diabetes at birth. For women who were diagnosed with type 1diabetes and your child is born before you were 25 years old, your child's risk is 1 in 25. If your child was born after you turned 25, your child's risk is 1 in 100.

If you are a man with type 1 diabetes the odds of your child developing diabetes is 1 in 17.

Your child's risk is doubled if you developed diabetes before the age of 11. If both you and your partner have type 1 diabetes, the risk is between 1 in 4 and 1 in 10.

If you have type 2 diabetes, your child is at an increased risk of developing type 2 diabetes later in their life. It is estimated 40 per cent chance if one parent has type 2 diabetes and 70 per cent if both parents have it.

pregnancy

Elevated glucose levels can also lead to other fertility issues such as erectile dysfunction and decreased sex drive (libido).

Some specific nutrients that can help with enhancing sperm health:

- Choose selenium-rich foods such as Brazil nuts and seafood
- Include zinc-rich foods such as oysters, fish, poultry and meat
- Limit trans and saturated foods
- Ensure adequate omega 3 intake including oily fish 2-3 times/week or plant-based sources such as walnuts and chia seeds
- Limit or avoid alcohol

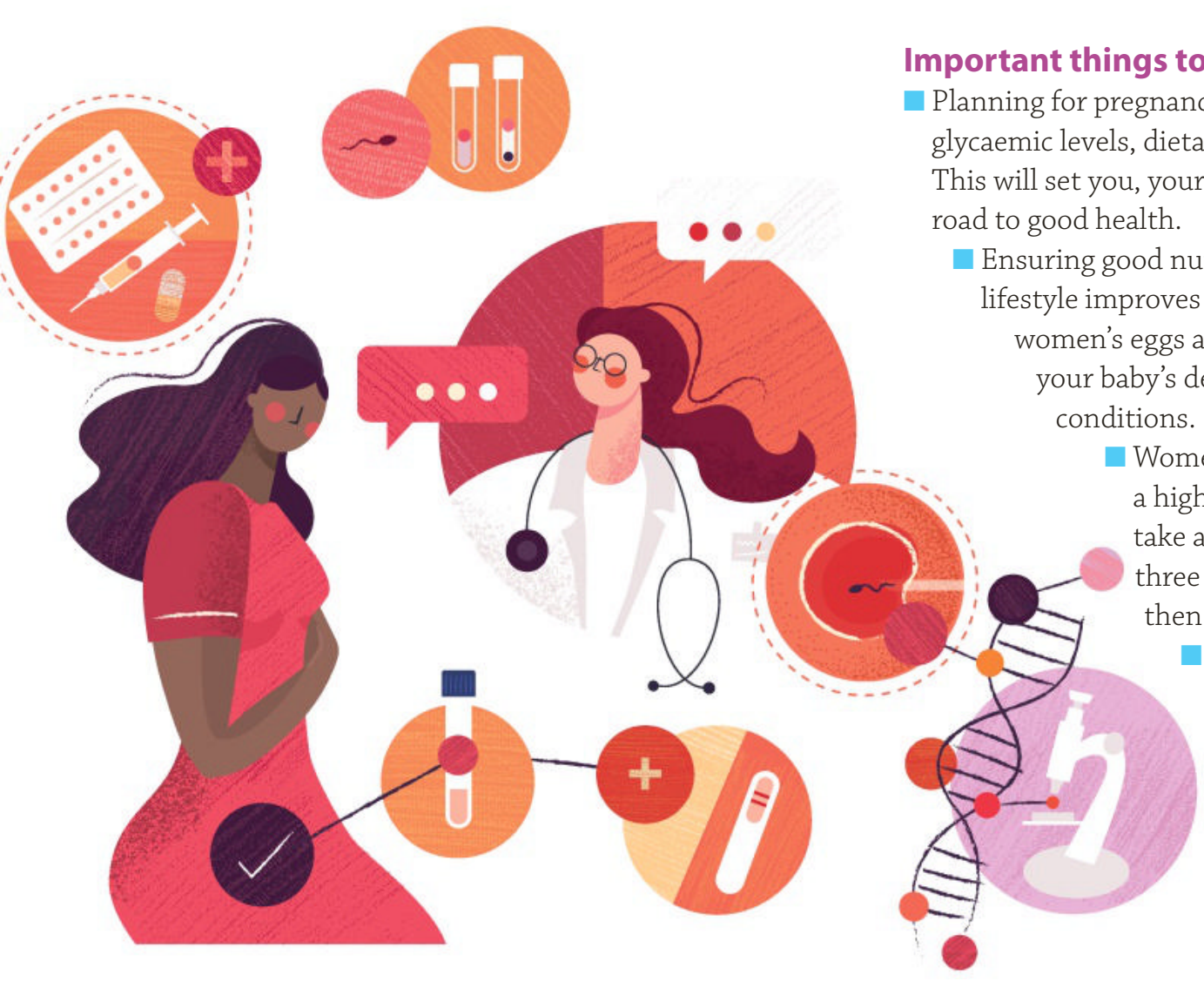
Into pregnancy and beyond

For women living with diabetes, there are increased risks of pregnancy complications. These include a greater likelihood of neonatal hypoglyceamia, neonatal intensive care unit admission, miscarriage, caesarean before labour, pre-eclampsia and being large for your gestational age. All of this can be confronting and stressful or even put you off wanting to get pregnant. However, many women with diabetes have healthy pregnancies and babies.

To make things less daunting and to empower you to make informed decisions about your diabetes management, it is important to ensure appropriate planning prior to conceiving and to have a supportive diabetes team to assist you. Your diabetes team should include an obstetrician, endocrinologist, diabetes educator, dietitian, and may include a physiotherapist and psychologist – all who specialise in managing diabetes in pregnancy care.

Pre-conception planning gives you the opportunity to better understand your glycaemic patterns, implement appropriate nutrients and lifestyle habits and importantly, set you, your partner and future baby's health.

When you are pregnant the targets for BGLs or CGMS do change. Your diabetes team will be able to guide you during this process.



Important things to know:

- Planning for pregnancy is important to optimise glycaemic levels, dietary intake and lifestyle habits. This will set you, your partner and future baby on the road to good health.
- Ensuring good nutrients and maintaining healthy lifestyle improves the fertility and quality of women's eggs and men's sperm. This impacts on your baby's development and risk of health conditions.
- Women with type 1 and type 2 need a high dose of folic acid. It is advised to take a high dose of 2.5 to 5mg/day three to six months prior conceiving, then up to 12 weeks gestation.
- Women with type 1 are eligible for free CGMS for pre-pregnancy planning, during pregnancy and post pregnancy. Speak with your diabetes team to find out more. ■

For more information: NDSS Pregnancy and Diabetes resources https://www.ndss.com.au/about-diabetes/pregnancy/resources/ includes a booklet for women with type 1 and type 2 diabetes.

PHOTOGRAPHY GETTY IMAGES

Staying active in winter – despite the chilly weather – boosts energy levels and lifts your spirits. Here's how to arm yourself with the confidence to get out there

STEP OUT and PERK UP!

Cooler weather and short daylight hours encourage many of us to hibernate in the winter months. But, although staying indoors, slowing down and sleeping longer may seem the most comforting way to see out the season, research increasingly shows that this has a negative impact on our health and happiness.

Get with the program!

Worried that your diabetes stands in the way of exercise? All the more reason to see your GP for a check-up and sign up to Medicare's Chronic Disease Management Plan. Your GP can refer you to an accredited exercise physiologist for up to five free consultations per year. The exercise physiologist can assess your exercise capabilities, then work with you to design an exercise program to suit your needs. For more information on the role of an exercise physiologist, visit www.essa.org.au.

Sure steps to **success**

From getting started to feeling the benefits of regular exercise, these five steps will show you the way to a fitter – and happier – you.

STEP 1

Getting over the hump

The hardest part is getting started. You feel hesitant, tire easily and wonder if you can stay the distance. But keeping your eye on the prize is the motivation to stick with the program and push forward.

STEP 2

Shaking off the cobwebs

Two weeks in. You've stuck to your guns, ticked off your morning walking sessions. You feel energised and are proud of your efforts. You may not be seeing physical results just yet, but you feel much better.

STEP 3

Making good headway

You've cleared the month mark and are really getting the hang of it. Your workouts are still challenging, but your BGLs are improving and stay controlled for hours after exercising. Your clothes may even feel a bit looser.

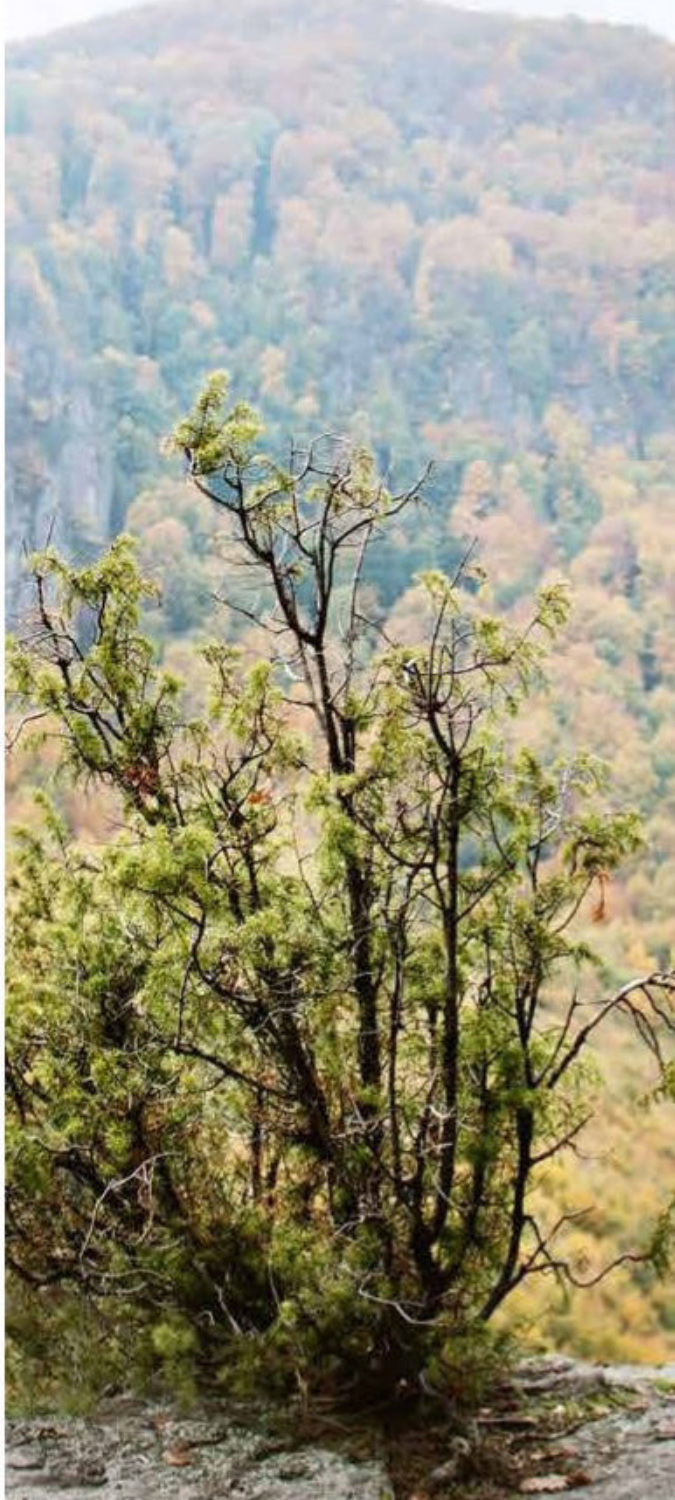
"In summer, people are happy to go outside, do activities and a little exercise and get some exposure. But with the change in seasons, there may be fewer opportunities to do the things that buoy your spirits, maintain happiness and keep your circadian rhythms in balance," says Professor Michael Baigent, of Flinders University. "In winter, people may do less of these enjoyable things and their moods can flag a bit, but that's not to say you've got a clinical diagnosis of depression."

Whether or not you're prone to the winter blues, regular exercise – ideally outside, in daylight – is shaping up as one of nature's most effective spirit-lifters for people with diabetes. Exercise tones your body, aids blood sugar control and fine-tunes your metabolism, with the added benefit of fighting seasonal weight gain. But a growing body of scientific evidence now shows it can also beat back the blues and improve your mood.

"There are many ways that exercise contributes to increased happiness and life satisfaction," says psychologist Fiona Cosgrove of Wellness Coaching Australia. "The brain chemicals that are released when you exercise lift your mood, and it has been shown that not exercising is a depressant!"

A US study of more than 2000 people, aged around 60, with type 2 diabetes found that those with lower levels of physical activity tended to find less pleasure in life. On the flip side, Dutch researchers found that a group of people of a similar age, with type 2, enjoyed significant emotional and physical benefits from exercise. Participants in a six-week program of moderate-to-high-intensity aerobic cycling, three times a week, emerged with noticeably better psychological wellbeing and energy levels. They felt happier and livelier, and experienced less anxiety. This prompted researchers to conclude these psychological benefits may have stemmed from their enhanced self-esteem and confidence in their ability to rise to an exercise challenge.

The mind-body benefits of getting physical are undeniable. So what's standing in your way? Finding the time can be an issue, especially if you work full time. Health concerns are another hurdle, particularly if you've been inactive for a while.



STEP 4

Reaping the rewards

Two months on, and you feel physically and mentally stronger. You can walk at a faster pace. You look forward to exercising and no longer feel intimidated by activities that seemed beyond you eight weeks ago.

STEP 5

Breaking the barrier

It's been three months. You're feeling confident in your ability to take on bigger physical challenges. You seek out opportunities to be active and ask friends to join in – so much more uplifting than sitting at home.

are you just SAD?

For some of us, winter can bring feelings of gloom that may be a sign of a deeper malaise than sorrow at the passing of summer. It could be Seasonal Affective Disorder (SAD) – a mood disturbance linked with lack of exposure to light. Excessive weariness, avoiding people and low spirits are symptoms of the hormonal imbalance that can result from SAD. The good news? Unlike more typical forms of depression, SAD symptoms occur only in winter.

"If you have complications that affect mobility and can't get into the sunlight, you could conceivably develop a type of affective disorder that may respond very well to some sun exposure," says Professor Michael Baigent. "But, the amount of sun exposure you need to treat SAD in Australia is very easy to get, even in winter."

Combining exercise with exposure to early morning sunlight has added benefits. As well as access to daylight, which is important for keeping your body clock well balanced and your moods stable, you'll also top up your vitamin D level. This is essential for keeping your bones strong and resistant to osteoporosis. But, wherever you choose to get physical, one of the most powerful motivators for winter exercise is knowing that you'll be fit, toned and trimmer when spring arrives.

"If you've been away from exercise for a long time, you may be nervous that it will cause a hypo or that, if you have high blood pressure and are obese, it will increase your risk of having a heart attack," says Dr Suzanne Broadbent, accredited exercise physiologist and senior lecturer in chronic conditions at Melbourne's Victoria University and Associate Professor at Sunshine Coast University.

"The good news is that regular, moderate-intensity exercise reduces the risk of a heart attack by improving risk factors such as elevated cholesterol and blood pressure. It helps manage blood glucose levels and body weight, and improves balance and gait, which can reduce your chances of falling. Furthermore, receiving instruction from an exercise physiologist can help give you just the boost in confidence you need to safely get back to exercise," adds Dr Broadbent.

Sometimes, just getting over that initial hump and getting started is the necessary catalyst to a happier life.

"Experience has shown that starting and maintaining an exercise program is the first step to making positive changes in other areas of your life," says Cosgrove. "Anxiety is reduced in the short term but, in the long term, the vitality and energy derived from exercise will help you focus on other challenging tasks and provide a sense of purpose in your life. Heightened feelings of self-efficacy and, ultimately, a greater sense of self-esteem are inevitable.

Ready, steady, GO

These easy strategies will help get you up and running and keep you on track.

Choose your exercise

Walking is one of the easier and more practical exercise options. But, if you prefer another type of exercise, such as riding a bike or swimming, then it's best to opt for the form of exercise you enjoy the most and will stick with on a regular basis. If you have limited mobility, seek out guidance on exercising from a chair, using weights or exercise bands to tone your muscles.

Seek out company

Exercise with friends, family, co-workers or even the dog. A US study found that social support positively influences exercise habits through enhanced self-efficacy. In a Turkish study, social support was also associated with greater quality of life.

Use visual cues

Keep your exercise shoes, clothes and any equipment you use in a conspicuous place (for instance, near the door) so you won't forget them on your way out. Take it a step further and put the car or house keys in your shoes.

Pick a pleasing place

Enhance the emotional side of your experience by exercising in beautiful surroundings. Walk in your local park or by the ocean. Try to exercise in familiar surroundings and avoid dark, remote areas. On rainy days, walk around the shopping mall – but leave your wallet at home!

Go for gadgets

Use a pedometer to motivate yourself and aim for 10,000 steps a day. If you find you're easily reaching this target, try upping it to 15,000. Use a heart-rate monitor to help ensure you're working in your heart-rate training zone. Note down your activity and track your progress.

Train your brain

Exercise at the same time each day to rewire your brain and circadian rhythm. Your body will then come to expect the activity.

Have fun

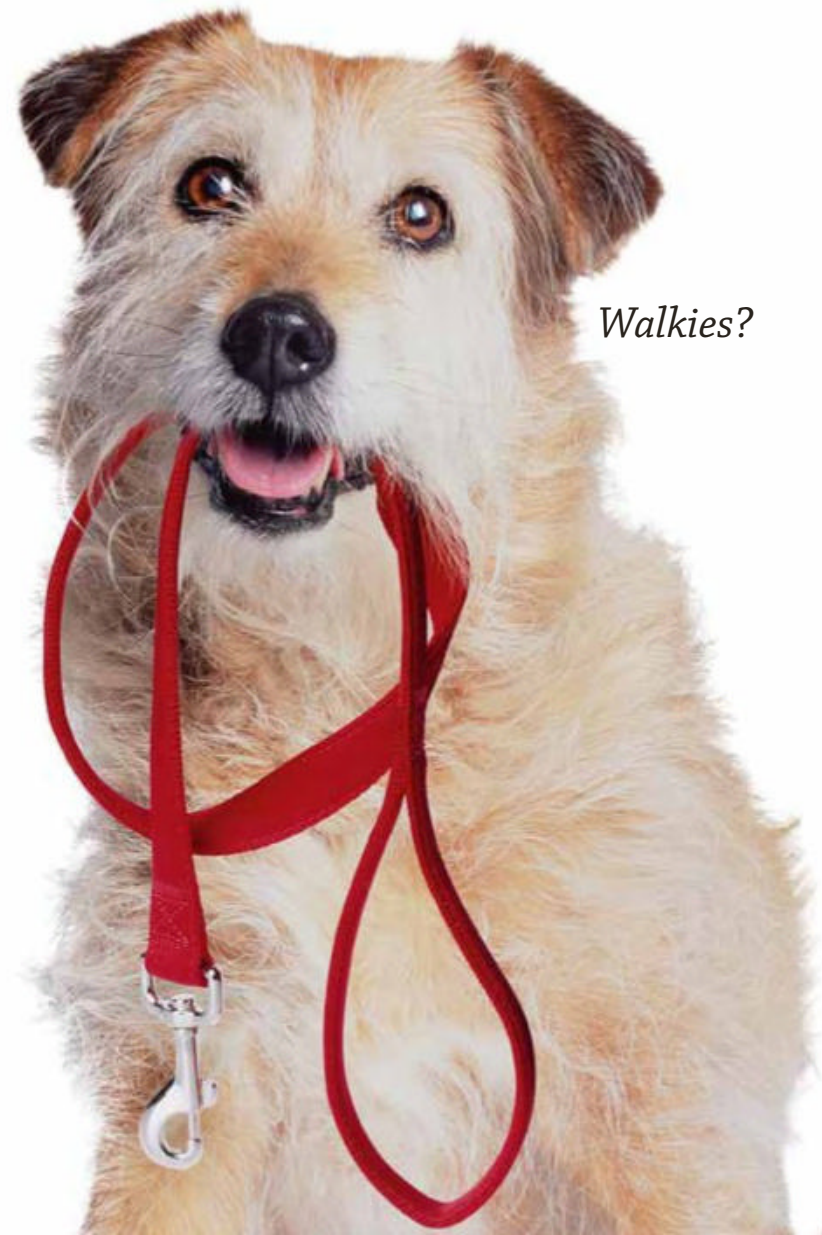
A game of family footy or lawn bowls is a great way to strengthen relationships and stay healthy. According to a US study, greater access to sports facilities increases physical activity levels, which translates to improved self-reported happiness.

Make a stand

Spending more time standing – rather than slouching down in a chair – helps improve your posture, stoke your metabolism and keep your BGLs under control.

Walk on by

Avoid using lifts, escalators and public transport, if you can just as easily walk to your destination.



Walkies?

‘WE WANT TO
BE AS HEALTHY
AS WE CAN’

When interior stylist and Better Homes and Gardens presenter, **Juliet Love** was diagnosed with diabetes, she was six months pregnant and knew little about the disease. Seven years later, it has inspired her to become a qualified Health and Nutrition Coach and her family – husband, celebrity landscape designer and TV presenter Charlie Albone, and their boys Leo and Hartford – is enjoying the rewards.

My second pregnancy was so different to my first. I was tired all the time and didn't feel well, but I put it down to the fact that I had a toddler so life was busier.

"But then I started to get severe sugar cravings and was eating things that I don't typically eat much of.

"For some reason I never had the glucose tolerance test that you're meant to have, during my first pregnancy, and I wasn't sent to have it during my second pregnancy either. So when I talked about these sugar cravings with Charlie, together we decided that if there was ever a time for cravings, it's during pregnancy. I accepted it was normal and everything was fine.

"Soon after, I was driving with Leo, who was one, in the car and I got a really bad migraine and lost my vision. I pulled over straight way and rang mum, who came and drove me straight to the doctor.

"He put the pieces together and sent me for that glucose test and the result was off the charts, so much so they thought it was a bad reading. But the second test result came back exactly the same and I was diagnosed with gestational diabetes. When changing my diet as prescribed didn't help, I started insulin injections and thankfully, all of my symptoms calmed down.

"It was only after I'd given birth that some further tests showed I had antibodies. What we all thought was gestational diabetes was actually type 1."

A learning curve

"Discovering I had diabetes when I was pregnant with Hartford was confronting. I was terrified it would affect him in some way, but thankfully, my diabetes during pregnancy was managed well with insulin and he's perfectly healthy.

"Being diagnosed with type 1 after he was born was a complete shock. No one in my family has it and it was a steep learning curve.

"When Hartford was about five months old, we all travelled to England because Charlie was doing a garden for the Chelsea Flower Show. I'd had a bit of a honeymoon period after giving birth where I didn't need to use insulin, but I had just started injecting again and for some reason, taking insulin was very different to when I was pregnant.

"Early one morning, I had a couple of bites of breakfast, put the boys into a double pram and headed out for a walk. All of a sudden I started to feel funny and realised I hadn't eaten enough – and that I didn't have any glucose on me. I didn't have a phone or any ID on me either and it was so scary. What would happen to my boys if I passed out? Luckily a convenience store nearby was open, but it meant crossing four lanes of traffic to get there and I wasn't sure I'd make it.

"It all worked out okay, but that was such a good lesson for me, to never be without glucose. I had a few other learning curves like that early on, all of which I'm really grateful for."

The silver lining

"A year or two after I was diagnosed with type 1, I started doing a lot of reading about nutrition and I discovered an American endocrinologist called Dr Richard Bernstein. He's type 1 himself and he pioneered the low-carb approach which I now follow and, combined with being under an amazing local endocrinologist and using a continuous glucose monitor, that's been life changing.

"Learning about the role nutrition can play in managing type 1 also inspired me to study it online, at the Institute for Integrative Nutrition NYC. I loved it and I learned so much and now, myself, Charlie and the kids, and even my parents, all take our health and what we eat pretty seriously. We want to be as healthy as we can. I don't think anyone would say they like having diabetes, but side effects like that have been a silver lining.

"When I was first diagnosed, I was scared. I remember being fearful of everything from amputations to blindness. Of course those are very real risks, but not long after I learned I had type 1, I met up with an old friend who'd been living with it since he was six and he said some really powerful things to me. He told me it wasn't the end of the world, I was going to be fine and thanks to the medication and technology available now, I could manage it and go on to live a long life. It was so valuable to hear that and it's how I feel now, too."

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

							6	2
	2	8			4		3	
			7			4	8	
		1						6
					3		2	8
5			1	9				
					5			
		6	8	3			7	
	4		2	7				5

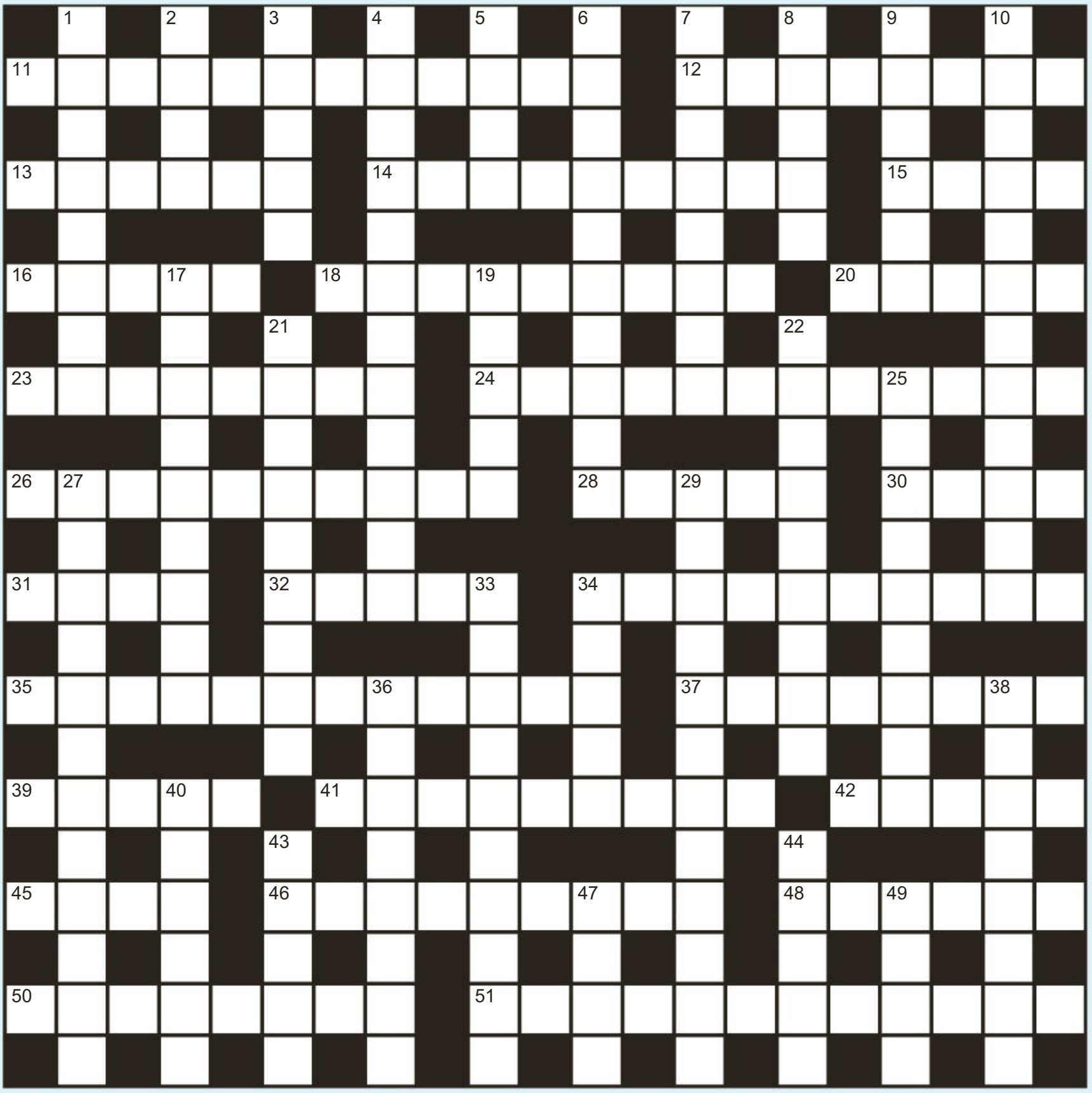
CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

For solutions, see page 126.

ACROSS

11 New Zealand city (12)
12 First animal in the dictionary (8)
13 Water receptacle for animals (6)
14 Come to light again (9)
15 Eft (4)
16 Sticky (5)
18 Poker hand (4,5)
20 Seduce (5)
23 Monument (8)
24 Helena ---, actress (6,6)
26 Beach team sport (10)
28 Internet web portal (5)
30 Borderline between two zodiac signs (4)
31 Corrosive liquid (4)
32 Inactive (5)
34 Entertainers (10)
35 Pretentious (12)
37 Greatness, distinction (8)
39 Work out, find the answer to (5)
41 Large church (9)
42 One old enough to know better (5)



45 Goes brown in the sun (4)
46 Overalls (9)
48 Relating to high mountains (6)
50 Jessica ---, Angela Lansbury character (8)
51 Trifling concerns (12)

DOWN

1 Lack, dearth (8)
2 In --- of, stead (4)
3 Needing to scratch (5)
4 Main through road (12)
5 Mined deposits (4)
6 Dry white wine (10)
7 Kuala Lumpur's nation (8)
8 Attempts (5)
9 Boulevard (6)
10 Popular entertainment (5-7)
17 General ---, everyday information (9)
19 Written slander (5)
21 Maze of passages (9)
22 Athens citadel (9)
25 Endorse, present as worthy (9)
27 Infrequently (12)
29 Equestrian skill (12)
33 Oral hygiene mixture (10)
34 Stood for a portrait (5)
36 Sports shoes, runners (8)
38 Kitchen strainer (8)
40 Pays a call on (6)
43 Boise's state (5)
44 Before due time (5)
47 Revise, correct (4)
49 Track, trail (4)

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that M=6, N=17, and F=25. You can record each letter as you work it out in the letter checker at the bottom of the grid.

26	7	5	25	9	14	■	18	23	2	7	9	12	20	■	20	9	21	25	15	4
■	19	■	12	■	23	■	14	■	9	■	17	■	10	■	7	■	15	■	3	■
11	23	17	20	■	1	9	7	14	14	■	20	14	15	12	17	■	26	12	23	14
■	9	■	15	■	9	■	7	■	22	■	14	■	21	■	24	■	23	■	20	■
13	6	9	19	22	15	■	3	14	12	24	15	12	9	■	15	22	22	20	9	3
■	■	3	■	■	25	15	15	■	21	■	■	■	18	7	16	■	■	■	21	■
26	9	13	24	14	5	■	21	9	23	17	7	9	13	■	24	9	25	24	15	19
■	17	■	9	■	■	■	■	■	24	■	9	■	■	■	■	■	15	■	12	■
14	15	19	22	15	21	■	8	21	5	3	24	7	17	■	19	7	11	23	17	22
■	1	■	■	■	9	17	23	■	■	■	19	■	15	5	15	■	■	14	■	■
6	9	25	25	23	17	■	17	12	21	21	12	24	15	■	14	7	20	8	9	3
■	12	■	9	■	12	■	22	■	9	■	24	■	19	■	12	■	10	■	3	■
3	14	12	17	■	4	12	19	15	19	■	23	17	14	12	5	■	9	13	15	19
■	14	■	22	■	12	■	7	■	15	■	17	■	15	■	15	■	21	■	17	■
24	5	3	23	25	5	■	6	23	21	12	22	15	13	■	19	15	17	9	19	15

1	2	3	4	5	6 M	7	8	9	10	11	12	13
14	15	16	17 N	18	19	20	21	22	23	24	25 F	26

Turn upside down for puzzle solutions

Crossword

Across: 11 Christchurch, 12 Aardvark, 13 Trough, 14 Resurface, 15 Newt, 16 Tacky, 18 Full House, 20 Tempt, 23 Cenotaph, 24 Bonham Carter, 26 Volleyball, 28 Yahoo, 30 Cusp, 31 Acid, 32 Inert, 34 Performers, 35 Ostentatious, 37 Eminence, 39 Solve, 41 Cathedral, 42 Adult, 45 Tans, 46 Dungarees, 48 Alpine, 50 Fletcher, 51 Trivialities.

Down: 1 Shortage, 2 Lieu, 3 Itchy, 4 Thoroughfare, 5 Ores, 6 Chardonnay, 7 Malaysia, 8 Tries, 9 Avenue, 10 Crowd-Pleaser, 17 Knowledge, 19 Libel, 21 Labyrinth, 22 Acropolis, 25 Recommend, 27 Occasionally, 29 Horsemanship, 33 Toothpaste, 34 Posed, 36 Trainers, 38 Colander, 40 Visits, 43 Idaho, 44 Early, 47 Edit, 49 Path.

Sudoku

7	1	4	3	8	9	5	6	2
6	2	8	5	1	4	7	3	9
3	9	5	7	6	2	4	8	1
8	3	1	4	2	7	9	5	6
4	7	9	6	5	3	1	2	8
5	6	2	1	9	8	3	4	7
2	8	7	9	4	5	6	1	3
9	5	6	8	3	1	2	7	4
1	4	3	2	7	6	8	9	5

Code Cracker

J	O	Y	F	U	L	■	B	I	V	O	U	A	C	■	C	U	R	F	E	W
D	■	A	■	I	■	L	■	U	■	N	■	H	■	O	■	E	■	P	■	■
Z	I	N	C	■	Q	U	O	L	L	■	C	L	E	A	N	■	J	A	I	L
■	U	■	E	■	U	■	O	■	G	■	L	■	R	■	T	■	I	■	C	■
S	M	U	D	G	E	■	P	L	A	T	E	A	U	■	E	G	G	C	U	P
■	■	P	■	■	F	E	E	■	R	■	■	■	■	B	O	X	■	■	R	■
J	U	S	T	L	L	Y	■	R	U	I	N	O	U	S	■	T	U	F	T	E	D
■	N	■	U	■	■	■	■	■	■	■	U	■	■	■	■	■	E	■	A	■
L	E	D	G	E	R	■	K	R	Y	P	T	O	N	■	D	O	Z	I	N	G
■	Q	■	■	■	U	N	I	■	■	■	D	■	E	Y	E	■	■	L	■	■
M	U	F	F	I	N	■	N	A	R	R	A	T	E	■	L	O	C	K	U	P
■	■	■	■	■	A	■	G	■	U	■	T	■	D	■	A	■	H	■	P	■
P	L	A	N	■	W	A	D	E	D	■	I	N	L	A	Y	■	U	S	E	D
■	A	■	U	■	■	■	■	■	■	■	■	■	■	■	E	■	R	■	N	■
T	Y	P	I	F	Y	■	M	I	R	A	G	E	S	■	D	E	N	U	D	E

1 Q	2 V	3 P	4 W	5 Y	6 M	7 O	8 K	9 U	10 H	11 Z	12 A	13 S	14 L	15 E	16 X	17 N	18 B	19 D	20 C	21 R	22 G	23 I	24 T	25 F	26 J

BREAKFAST & TOPPERS

26 Apricot & hazelnut muesli
27 Healthy chia pudding
25 Oatcakes with mushrooms & tomato
27 Oat & chia porridge

LIGHT MEALS, SNACKS, SIDES & STARTERS

30 Black bean tortilla with salsa
55 Bombay potato & spinach pies
46 Butternut pumpkin & sage soup
48 Chickpea soup with chunky gremolata
31 Corn & split pea chowder
85 Cottage cheese, avocado and tomato melt
28 Leek, tomato & barley risotto with pan-fried cod
46 Mexican prawn soup
85 Orange, strawberry and pistachio parfait
70 Parmesan carrot crisps
69 Peanut coconut shaved carrot noodles
29 Sesame & ginger sushi bowls
74 Slow-cooked beans with ham hock
45 Smoky tomato, chipotle & charred corn soup
69 Sour cream chive mashed carrots & parsnips
41 Spinach & barley risotto
70 Spiralized rainbow carrots
41 Star anise & soy broth with seared steak
85 Stewed apple & berries
65 Sweet & spicy roasted carrots

MAINS

75 Baked semolina gnocchi
15 Bean & pumpkin ragout
60 Beef with red wine gravy
38 Cheesy eggplant & tomato spaghetti
51 Chicken pot pie
57 Curried chicken pie
18 Healthy roast dinner
39 Hearty lentil one-pot
55 Kofte Shepherd's pie
36 Lebanese-style meatballs with mujadara
35 Lemon-dressed salmon with leek & broad bean purée
34 Little spicy vegie pies
40 Middle Eastern-style cabbage rolls
17 Nutty chicken & lemon spaghetti
32 Parmesan pork with tomato & olive spaghetti
62 Pulled chicken burgers
33 Roast chicken traybake
55 Salmon & silverbeet pie
19 Seafood risotto
74 Slow-cooked broccoli and chickpeas
60 Smokey pork & beans
16 Thai green fish curry
62 Vegetable stew with cheese dumplings

DESSERTS

82 Chocolate & cherry clafoutis
80 Crêpes with roasted strawberries
82 Ginger-poached rhubarb almond filo tarts
80 Orange & pomegranate steamed puddings
77 Pear & apple crumble

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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Add a touch of cafe culture to your morning with these heavenly, easy-to-prep chia pots

HEALTHY CHIA PUDDING

PREP 20 MINS (+ OVERNIGHT CHILLING) **SERVES** 4 (AS A BREAKFAST)

500ml (2 cups) oat milk or gluten-free soy milk
100g chia seeds
2 tsp vanilla extract
1 Tbsp sugar-free maple syrup
3 apples, peeled, cored and chopped
2 Tbsp raisins
½ tsp ground cinnamon
60ml (¼ cup) water

1 Put the oat milk, chia seeds, vanilla extract and maple syrup in a large bowl or airtight container. Stir to combine. Cover and put in the fridge overnight.

2 Combine the apples, raisins, cinnamon and water in a medium saucepan. Bring to a simmer over high heat. Reduce heat to medium-low and cook, covered, for 10 minutes or until the apples soften. Remove the pan from the heat and set aside to cool completely.

3 Stir the chia pudding and divide between four serving glasses. Top with the apple mixture and serve.

Nutrition info

PER SERVE 1050kJ (251Cal), **protein** 6g, **total fat** 11g (sat. fat 1g), **carbs** 27g, **fibre** 13g, **sodium** 85mg • **Carb exchanges** 2 • **GI estimat**e low • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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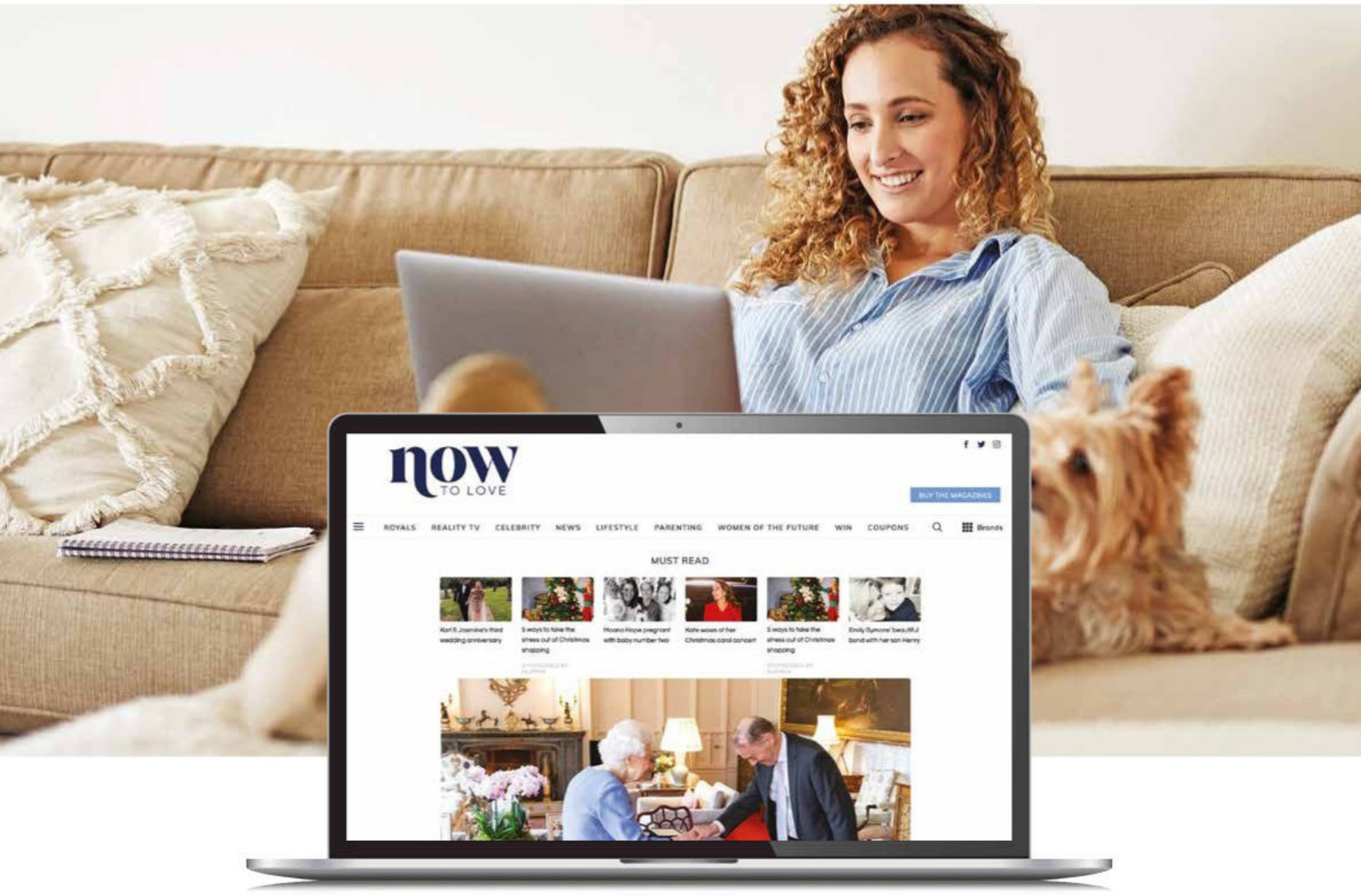

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